A FINAL FAREWELL, 4 | SUMMER LIFE, 19 | LIVING YOUR BEST LIFE, 36

west hartford LIFE

June 2016 • TurleyCT.com
A product of TurleyCT Community Publications
VOLUME 3, EDITION 9

Taking over the reins

Lifelong resident Shari Cantor selected mayor

See story on page 10

PRSRT STD
US POSTAGE
PAID
PALMER, MA
PERMIT #22

DISCOVER...
Your Summer Fashion Destination!

- American Eagle • Brighton Collectibles
- Chico's • Claire's • Clarks • Footbeats
- Francesca's Collections • J. Crew
- J.Jill • Jos. A Banks • Justice
- LOFT • South Beach Swimsuits
- Talbots • White House | Black Market

- Angel Tips
- barre3
- Cost Cutters
- Green Tangerine
- Massage Envy
- Sephora • Snip-It's
- Vein Clinics of America

- AT&T • Harvey & Lewis
- O'Live A Little
- The Paper Store
- Simply Mac
- The Spirited Hand
- Sur La Table
- The Vitamin Shoppe

- b.good
- Ben & Jerry's
- Chipotle • Dish N Dat
- Feng • Flatbread
- Panera Bread

Movies, Music, & More!

Find our 2016 schedule in the July issue!

96.5 TIC FM

Kiss 108 FM WRCH

- Barnes & Noble
- Dick's Sporting Goods
- Kohl's
- Old Navy
- ShopRite

THE SHOPPES at Farmington Valley

Route 44 - Canton, CT • 860-693-3059 • www.TheShoppesAtFarmingtonValley.com

Growing older together shouldn't mean living apart.

You want to keep your lifestyle as a couple. Nothing should ever change that, even if one of you needs help. At The Heights senior living community, you can both live independently in a charming cottage or in a beautiful one- or two-bedroom apartment.

Or, should one of you need a little help, you can choose one of our assisted living apartments with a Personal Care Attendant on duty 24/7 for a range of services.

Join us for an Open House and Luncheon:
Sat., June 11th and Wed., June 22nd.
Event starts at 10:45 a.m.

550 Avery Heights • Hartford, CT 06106 EQUAL HOUSING OPPORTUNITY

Act now and enjoy these added values:

Free!
First month's rent!

Up to $1,000
toward a moving specialist

Free Golf for Life!
Ask for details

For more information call:
860-953-1201 ext 403

The Heights
Avery Heights • A Village of CHI

COLDWELL BANKER
RESIDENTIAL BROKERAGE

WEST HARTFORD – Unique Colonial with many updates including chef's kitchen, open flow, 4-5BRs, 4.5BA, master suite with fireplace, custom indoor pool pavilion, elevator. $899,900

Michael Antisdale 860.803.6560

WEST HARTFORD – Meticulously Remodeled & Maintained Colonial in Highly Sought After Bugbee Neighborhood. 4BR & 3.5 Baths, with a Bonus Room in the Finished Lower Level for Possible 5th Bedroom. $649,000

Karen Sack 860.614.6776

WEST HARTFORD – Enjoy the newly remodeled chef's kitchen. Entertainers will delight in the openness of the 1st flr which flows to the lg fenced pvt backyard w/oversized patio, stone walls & lots of green space. $619,900

Kara Flanagan 860.796.5532

WEST HARTFORD – Colonial situated on a corner lot in Bugbee school district w/4 BR & 2.5BA. New gourmet kitchen, hardwood floors virtual tour at www.4BrookfieldRd.com $468,900

Michael Barnes 860.250.8575

WEST HARTFORD – Immaculate & completely updated vintage colonial in West Hartford Center location. Relax on the lovely screened porch or keep cool w/the newly installed C/AIR. The LL has a great finished space w/FP. $399,900

Kara Flanagan 860.796.5532

WEST HARTFORD – This 4 bedroom 2.5 bath charming expanded Cape boasts a beautiful new country kitchen, new first-floor family room and sunporch. $399,000

Sherri Schwartz 860.883.0178

WEST HARTFORD – An exceptional 2000+ square foot Quaker Green condo. Tastefully upgraded 3BR, 2.5 BA unit features spacious EIK with brand new stainless steel appliances. $374,500

Tracey Hollerbach 860.305.7993

WEST HARTFORD – Wonderful 3BR, 3BA Ranch. Hardwood Floors throughout. 1st Floor Master w/Full BA & 1st floor Den. Eat in Kitchen w/all new SS Appliances. CAIR. 2 Car Attached Garage. $349,900

Billie Reese 860.841/2457

WEST HARTFORD – Spacious 4BR/2.5BA Colonial w/inground pool! Completely updated home w/newer windows & doors, gleaming hardwood floors & remodeled kit w/granite & SS appls. 1st floor family room w/fireplace. $329,900

Greg Reese 860.818.4861

WEST HARTFORD – Wonderful Colonial style home offering 8 rooms. 4 beds, 3 full baths. Spacious LR w/large bay window opens to formal dining room. Family room w/fireplace and sliding door to patio. $314,900

Tracey Hollerbach 860.305.7993

BLOOMFIELD – Beautifully renovated 4BR/2BA Colonial with open kitchen/great room flowing into bright vaulted ceiling sunroom. Private setting on West Hartford line. Many updates make this home a great value. $299,900

Michael Antisdale 860.803.6560

WEST HARTFORD – Charming & spacious 3BR/3BA Ranch in a quiet neighborhood setting. Single floor living at its best. Excellent condition, nicely detailed, meticulously maintained home. $269,900

Greg Reese 860.818.4861

WEST HARTFORD – Charming 3BR, 2 full BA Colonial. Hardwood floors throughout, freshly painted. Large living room with wood burning fireplace. Kitchen with breakfast bar. 1st floor laundry. $259,000

Chris Scigulinsky 860.906.7726

WEST HARTFORD – Wonderful 2/3BR Cape Cod style home. Archways, wood floors, neutral decor, eat in space kitchen, newer roof & exterior paint. Great condo alternative! $249,000

Tracey Hollerbach 860.305.7993

WEST HARTFORD – 3 bedroom cape at end of cul-de-sac. Eat-in kitchen and formal DR with hardwood floors. Living room with fireplace that leads to 3 season porch. Remodeled LL has additional 520 square feet w/half bath! $239,900

Mary Rose Sinatro 860.614.4566

HARTFORD – This top floor unit has hardwood floors and lots of character. There's exposed brick throughout most of the unit and a fireplace in the bedroom. In unit laundry and so much more. $132,900

Sean Page 860.966.6761

Sylvie Fillion, Mortgage Representative & Senior Loan Officer For Special Financing Opportuinties On Any Of Our Listings, Please Contact Sylvie at 860-570-2520 • NMLS #110720 & CT #5584

West Hartford Office | 36 LaSalle Road | West Hartford, CT 06107 | 860.231.2600

ColdwellBankerHomes.com

©2016 Coldwell Banker Residential Brokerage. All Rights Reserved. Coldwell Banker Residential Brokerage fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Operated by a subsidiary of NRT LLC. Coldwell Banker, the Coldwell Banker Logo, Coldwell Banker Previews International, the Coldwell Banker Previews International logo and "Dedicated to Luxury Real Estate" are registered and unregistered service marks owned by Coldwell Banker Real Estate LLC.

COLDWELL BANKER PREVIEWS INTERNATIONAL

COLDWELL BANKER RESIDENTIAL BROKERAGE

west hartford LIFE

June 2016
Read online: TurleyCT.com

540 Hopmeadow Street
Simsbury, CT 06070
t 860-651-4700
TurleyCT.com

ON THE COVER

Shari Cantor is the town's new mayor. She views herself as being a very involved volunteer.

Photo by Lisa Brisson
See story page 10

Corrections

In our cover story last week, "Music is his love," Elaine Silbereis was identified as Noah Yontef Mathog's piano teacher. She ceased that role last October. In addition to Noah, Silbereis noted that Chana Meyer, Nathan Moyer and Beatrice Perham were awarded the Certificate of Excellence on the basis of their assessment in May 2015 and performed solos as part of a group of 76 young music students from Connecticut, New Jersey and New York State.

In our story "The other Webster Library," it mentioned an evaluation done by First Church of Christ Congregational on its 200th anniversary, when, in fact, it was the church's 300th anniversary.

We regret the errors.

4 Farwell to Charter Oak School
7 Alumni LIFE: Danny Tieger
13 Young cantor sings her heart out
16 Matthew Dicks tells tales
19 Summer LIFE
36 Living your best LIFE
43 Mountain View Drive parties
45 20 years of Toastmasters
47 A new leash on LIFE
49 Writer's block: free-range child

Growing old is no fun—and other modern myths.

At Duncaster we don't believe in growing old—*we believe in personal growth.* Here, lifetime of learning is more than just a catch phrase—it's a way of life. It can mean discovering the benefits of Tai Chi, or volunteering, preparing for one of the many interesting discussion groups or more. Come to Duncaster and never stop connecting, learning new things or finding innovative ways to be a part of the world around you. Let the scholar within you delight to find on-site college level courses to expand your horizon. Visit and see for yourself—*Duncaster, living and learning!*

Call **(860) 380-5006** to schedule your complimentary lunch and tour.

Duncaster Community Living

40 Loeffler Road, Bloomfield, CT • www.Duncaster.org

ASK ABOUT INDIVIDUAL GARAGES!

TurleyCT Community Publications
Life Publications The Valley Press The West Hartford Press
To advertise call 860-651-4700 • TurleyCT.com

Custom Garages

The Perfect Match For Your Home

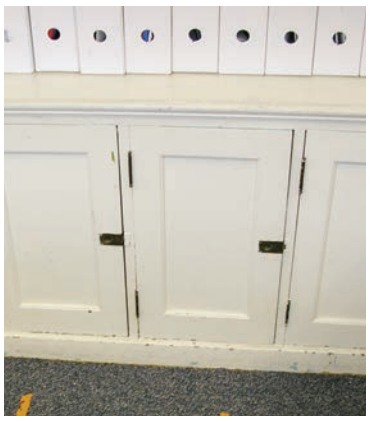
Innovative designs in garages now allow you to easily match your existing home. Our creative modular construction with clear span design allows versatile storage, with no restrictions.

Call Today for a FREE Design Consultation!

Our Outdoor Sales team will be happy to provide you with information on pricing, the process, and how to get started!

KLOTER FARMS

KloterFarms.com 860-871-1048 216 West Rd, Ellington
FREE DELIVERY in CT, MA, RI $1500 min., extra charge for Cape Cod, MA.



Photos by Mark Jahne

Upper left clockwise: This fireplace in the kindergarten room was more than just a design feature. In the 1930s it was needed for heat and teachers would gather around it and sip hot cocoa; For decades, kindergarteners stored their belongings in these cubbies; The gymnasium, constructed around 1960, hasn't changed much over the decades; This fish pond – lined in Mexican tile and believed to have been created by a student's father – still stands in the kindergarten room. There was a time when the water spurted out of the mouths of the lion and two frogs; The late Mona Duquette was the physical education teacher for 40 years. This quilt, presented to her upon her retirement, hangs in the gymnasium; These images of the Three Bears were carved into the original linoleum floor in the kindergarten room; Walter O.R. Korder painted "Wynken, Blynken and Nod" in the first floor hallway.

A final farewell

Original Charter Oak School awaits the wrecking ball

by Mark Jahne
LIFE Staff

The original Charter Oak School, now called the Charter Oak International Academy, has served the educational needs of tens of thousands of children for 86 years. But now it is time for the old building to come down.

A new state-of-the-art school is going up on the front lawn, where the playground once stood. It will have all of the modern technology, safety features and amenities the old building lacked including geothermal heating, air conditioning and the latest Wi-Fi.

The new school is expected to be completed before August 31, the start of the 2016-17 academic year. The old one, constructed in 1930, will then fall victim to the wrecking ball.

The venerable Oakwood Avenue structure silently watched as the neighborhood and society around it changed. Once upon a time its classrooms were occupied by the children of white working-class families living in the neighborhood of starter homes.

Today, many of the families are still working class, but the enrollment is a veritable United Nations of races, cultures and ethnicities. More than 40 languages are spoken in the homes of these children, perhaps as many as 50.

"It felt like a family. Every staff member supported you."
–Kristi Burton

One thing that has not changed through the decades is the strong sense of community and family that students of all ages shared on a nostalgic afternoon.

An opportunity for former students and staff to tour the building one last time was offered the afternoon of April 30. The memorabilia and old classrooms tugged at the heartstrings.

"It's overwhelming, bittersweet," said Janet Healey Fournier, who has lived in the neighborhood her entire life. "I worked here 21 years. My mom went to school here."

So did Fournier and her children. She is a longtime school volunteer and was among the many volunteers and staff sporting navy blue T-shirts bearing the original name – Charter Oak School – and a depiction of the state's famous tree after which it is named.

The shirts were available for purchase and quickly sold out. Also available for purchase were commemorative bricks with plaques. Those sold well, too, even though they won't be available until after the razing.

A piece of the historic tree, preserved in a glass case, was on display. So were old class photos, newspaper clippings through the decades, a few books and a 1930s era report card.

A wall display depicted former students and faculty who participated in an oral history project a few years back. There was a formal portrait of Harriet Foley, the principal immediately recalled by those who matriculated in the 1950s and 1960s.

Another display offered highlights and details of the school's history. Town Historian Tracey Wilson was on hand to provide more detailed information.

"Today is an emotional day. It's very nostalgic. I grew up on Oakwood Avenue," Kelley Fournier said. "Charter Oak is really a part of my life and who I am as a person."

She attended the school from

Harriet Foley was principal in the 1950s and 1960s. Her photo is held by Kelley Fournier, who attended the school from 1993-99.

1993 to 1999 and volunteered there ever since.

"I loved Charter Oak. My fondest memories were of Miss Rosetta, my kindergarten teacher," Nancy Melnicsak said.

Her mother, Frances, taught special education there and also volunteered with the PTA.

"I remember making cranberry sauce for Thanksgiving," Lisa Melnicsak added.

Rosetta taught kindergarten from 1944 to 1977, but at least one other teacher had an even longer tenure. Mona Duquette was hired as the physical education teacher in 1957 and stayed for 40 years. Her arrival pre-dated the construction of the gymnasium.

"I student taught with Mona. She was my inspiration for going into teaching," Kathy Fleming Miller said.

Miller was a Charter Oak student from 1959 to

Personal reflections

I was born on Edgemont Avenue, a short walk from Charter Oak School. It was my first – and best – educational experience.

Attending the open house for one last look at the school that meant so much to me was a deeply emotional experience. Seeing a portrait of my principal, Harriet Foley, when I entered the auditorium reminded me of the days when I met with her as a member of the student council.

There was a notebook full of news stories written about the school over the decades. Several of them bore my byline. I saw a photo of Miss Rosetta, my kindergarten teacher, who until her death in 2014 sent me occasional notes praising my writing and telling me how proud she was of me – a kindergarten teacher to the end.

Memories came flooding back when I visited her classroom, still in use today, although now divided between kindergarten and pre-K. The venerable tile fish pond actually pumped water back in my kindergarten year of 1958-59.

I had forgotten about the three bears carved into the linoleum floor, but certainly remembered the tiny cubbies each child had to store his or her possessions. The old supply room is still there, complete with the sink where we used to wash our hands after finger painting lessons. It appears to be the same sink as in 1958.

The auditorium looks so much smaller to me as an adult. It was where I got my first acting experience as the narrator of a play called "The Three Little Seeds." I didn't really want to be the narrator, but the idea of dressing up as a daffodil was even less appealing.

Who can forget the assembly in that same auditorium on May 5, 1961, when we watched in awe as Alan Shepard became the first American in outer space? A teacher brought in a portable TV from home and did her best with the rabbit ear antenna to provide us with a picture.

I climbed the stairs to the second floor and peeked in the locked door where my third grade class was held. I can still hear Mrs. Lindquist teaching us cursive writing and admonishing us to get it right the first time and not go back to close the loops.

I can also hear her telling us that it is sloppy writing and poor grammar to start a sentence with the word "and." To this day, I follow her instructions.

Right place. Right time.

Save more. Earn more. Live more.

For a limited time, open a Simsbury Bank Money Market and Pinnacle Plus checking account to receive a special rate of 1.30% APY.

Promotional rate applies to money market account and is only valid for the first 6 months after opening. Must deposit a minimum of $25,000 in new money to claim offer.

SimsburyBank.com
860.595.3244

Member FDIC

Simsbury Bank
Bank this way.

Turley CT
COMMUNITY PUBLICATIONS

READ LIFE ONLINE AT www.TurleyCT.com

Photos by Mark Jahne

Left: Ann O'Brien, seated, her daughter Karen O'Maxfield and her granddaughter Elyse Vernile all attended the school. O'Brien, a first-grader at the time, was among those who first walked through the doors when they opened in 1930. Right: Kristi Burton looks at some of the memorabilia on display. She attended Charter Oak as a child and now teaches at Duffy School.

1961 and served on the faculty from 1985 to 1993. She is now a physical education teacher at Smith STEM School.

Kristi Burton is another former student who went on to a career in education. She is a teacher at Duffy School.

"It felt like a family. Every staff member supported you," she said.

Burton recalled how one of her teachers helped her overcome a reluctance to read. She walked to school with her mother every day and took part in the West Hartford Extended Experience before- and after-school program.

Erin McGurk was on the faculty from 1989-1991. She commuted from Torrington.

"I was a special education teacher here. It was my first public school job. I was so happy with the job that I remember driving over Avon Mountain singing the school song," she said.

Principal Juan Melian stood in the auditorium surveying the scene. People were constantly thanking him for making this open house possible and he enjoyed speaking with the former students and faculty.

He has 19 years of experience as a teacher and administrator in town, but this is his first year as principal of Charter Oak. He reflected upon the importance of the day.

"It's a unique experience. We go back to our childhood. This is about community, this is about family," Melian said. **WHL**

The original school did not have a gymnasium; it was built while I was there. Construction was done while school was in session and that included tarring the roof. This occurred over a handful of unusually warm spring days and I can still remember the noxious odor. Students and faculty alike complained of feeling ill. We were told to close the windows and deal with it. These were the same windows that still bore dark blackout shades that were installed during World War II in case of an air raid.

The school was a designated fallout shelter in those early days of the Cold War, which, come to think about it, was rather hot. We watched official government films that taught us to hide under our desks and cover our heads in the event of a nuclear attack.

The world was so different then. The school doors were not locked and the only police presence was at the beginning of each year when an officer would stop by for five minutes to remind us not to take candy from strangers.

We recited the Lord's Prayer every morning and the Christmas play was exactly that. Special education was a separate program housed in a room in the basement. There was little, if any, interaction between them and the rest of the student body.

We had a dress code. Boys had to wear button-down shirts and "decent" pants, no shorts or jeans. Shoes were required, no sneakers allowed. Girls were expected to show up in a dress or skirt and a blouse or sweater, also with proper shoes. They could only wear slacks on gym day.

But what I remember most are all the wonderful teachers and staff who made us feel warm, loved, welcome and valued. They taught us our lessons, but even more, they taught us about life.

–Mark Jahne

DESIGN DECORATION L·C·R RETAIL SHOWROOM
981 B Farmington Ave., West Hartford Center
860-231-7742
NEW LOCATION
3 WATERVILLE RD., AVON
CORNER RT. 44
LATE JUNE
DON'T MISS WEST HARTFORD
MOVING SALE ON NOW!

RONCARI AUTO RENTAL LLC
• No Seasonal price hikes.
• Cars are thoroughly sanitized before every rental.
• 10% discount on POSTED RATES BELOW for StarCard Members and their out-of-town colleagues and corporate associates, AAA, Costco, BJs, and Sam's Club.
• Plus all applicable airport fees and taxes.
2015 Kia Forte Economy Size
$47.95/Day – Everyday
2015 Kia Optima Standard Size
$59.95/Day – Everyday
Must make reservations at:
roncariautorental.com 1-800-555-6540

alumni LIFE

Danny Tieger scores a hat trick with his singing, writing and acting

by Lynn Woike
Editor

Courtesy photo

Danny Tieger (right) plays Michael Wormwood on tour with "Matilda the Musical."

When his dreams come true, Danny Tieger will be exclusively conducting song-writing workshops for young people and his office will be in a treehouse.

The actor, songwriter, improvisor, teacher and writer grew up in West Hartford, attended Whiting Lane School and the Watkinson School, then graduated from Skidmore College with a theater degree.

West Hartford Residents

MDC Household Hazardous Waste Collection

MDC Household HAZ WASTE Collection

Mark Your Calendars!
Sunday, June 19th, 8 am – 1 pm

Emanuel Synagogue, 160 Mohegan Drive, West Hartford

Household Hazardous Waste Accepted

Alkaline Batteries	Acids	Artist's Paint
Antifreeze	Aerosol Cans	Brake Fluid
Gasoline & Diesel	Ammonia	Cleaning Solvents
Lithium Batteries	Drain Cleaners	Epoxy Products & Glues
Mercury Thermostats	Disinfectants	Kerosene & Fuel Oil
Oil and Latex Paint	Floor Care Products	Pesticides & Insecticides
Paint Stripper	Lighter Fluid	Mercury
Rechargeable Batteries	Mercury Thermometers	Mothballs
Road Flares	Oven Cleaners	Polyurethane
Transmission Fluid	Polishes	Pool Chemicals
Turpentine	CFLs & Fluorescent Bulbs	Wood Preservative

Unacceptable Items

All Empty Containers	Electronics	Tires
Ammunition	Explosives	Used Oil
Business Wastes*	Medicines	Smoke Detectors
Car Batteries		Marine Flares

*Small businesses (CESQGs) can now participate in the MDC's HazWaste Program.
BY APPOINTMENT ONLY. Call the HazWaste Hotline for more info.

MDC

Dispose of your mercury fever thermometer at this collection and receive a FREE digital thermometer while supplies last.

Residents of any eligible town may participate in any MDC sponsored collection day.

IDs will be checked to verify residency

For a complete list of collections & eligible towns, contact:
MDC HazWaste Hotline: 860-278-3809 or HHW@themdc.com
www.themdc.com

FREE SHRED DAY & Community Festival

Saturday, June 18th • 9am-12pm
(RAIN OR SHINE)
Dutch Point Credit Union
Bloomfield Branch
1 Wintonbury Mall • Bloomfield

Members, Family, Friends & Community are invited to bring up to 5 file-size boxes of their private documents to our Bloomfield Branch for FREE confidential shredding.

For complete details on the Shred Day & Community Festival, visit www.dutchpoint.org.

We will also be collecting donations for Journey Home, a local charitable organization dedicated to ending homelessness in the Greater Hartford region.

Dutch Point
CREDIT UNION
860.563.2617

His year with the Broadway national tour of "Matilda the Musical" ended May 1 at The Bushnell Center for the Performing Arts. In addition to his role as Matilda's brother in the story of a precocious 5-year-old girl with the gift of telekinesis, Tieger played several other roles, requiring 12 costume changes. He also understudied the role of the father.

Just auditioning for a part in the Broadway production was "really exciting and unbelievably scary." It took nine call-backs before he was cast. He called the year of living on the fringe of his comfort zone "a gift."

Tieger just married the love of his life and relocated to Queens. He had been living in Los Angeles with three classmates and collaborators since graduating college in 2008. Their improv group, The Younger Statesmen, went from drawing 300-person audiences at bi-weekly shows in college to having 10 people show up at a black box in North Hollywood.

The group remained inspired.

"I did a bunch of writing projects with them," Tieger said. "We wrote four different pilots and pitched them to TV networks and production houses. It was like grad school to thicken your skin. How many times can you hear someone say, 'That's not quite right for us' and still trust that what you're doing is quality?"

"That moment where my career starts to look like what it does now was in some grungy North Hollywood apartment while I'm researching how gravity works so I can write a love song about a planet and a star."

–Danny Tiger

Songwriting provided new opportunities.

"At first it was sort of a reaction to being an actor. It was the first time in my life I was sitting around waiting for the chance to meet the agent that might give me a chance to audition for something." While waiting, he'd write music that he put on YouTube.

"Because those were available online, some of the people I did meet with would have seen some and would offer, 'I'm working on a project about dogs that are like knights of the roundtable. Do you think you can write a song about that on spec?'"

Tieger always said yes.

Then came a referral to write songs about science.

"That moment where my career starts to look like what it does now was in some grungy North Hollywood apartment while I'm researching how gravity works so I can write a love song about a planet and a star. And that song, 'My Universe Revolves Around You,' is what eventually NASA saw and why they hired me to write for their P.R. department."

Tieger said he was contracted to write songs for the Spitzer Space Telescope and Kepler's telescope.

He continued to regularly perform comedy with members of his improv group and worked on other projects with them, but he began leaning toward writing catchy songs.

"What's sort of kooky is I'd never really grown up with the idea that I wanted to be a singer. I love singing and I love being in musicals … but I never wanted to be the singer/songwriting," he said.

The first song he wrote was while cleaning cabins at Camp Jewell in Colebrook. He was 14. Waiting to have his work checked, he said, "I got the idea for a cardboard house and my first love song about playing pretend with someone. I didn't have any paper so I wrote it in a text message and when I got home, I had to learn my fourth chord … and my dad taught me the chord so I could play it."

Songs since have been for television shows, movies, and the Mark Twain House and Museum. He's also performed for thousands of students in hundreds of schools with the Story Pirates, an educational theater company that turns kids' stories into sketch comedy musical shows.

In all, Tieger has more than 60 original songs available for film and television licenses. That body of work helped lead to his current project with DreamWorksTV – weekly YouTube

animated videos for "Sung History" and "Sung Science."

Describing his creative process, Tieger said he takes the scientific concept or the historical figure and goes through mental aerobics to come up with the why of the song – the joke, the reason, the twist. He determines how and why the person or thing would be singing, and the best music to convey the point. When he finds the detail that makes him giggle, the rest comes in a rush.

"I can't write it fast enough," he said.

Working with his producing partner, Skidmore alum Matt Appleton, Tiger said, "Everybody needs a wizard," and Appleton is his – turning "all my weird ideas into things people actually want to listen to."

So far, they've written more than two dozen songs, including "Genghis Can!" and "Noble Gases." Their work is then turned over to an animation team. The videos began airing in February.

The day of our telephone interview, Tieger had finished a song describing the difference among asteroids, comets and meteorites, and was working on one about atoms and weather.

The project, he said, is allowing him to cease working some of his "many day joblets."

One such joblet while in California was giving guitar lessons. His method was to teach his 8- or 9- or 10-year-old students one chord, and then write a song using that one chord. "We'd play that song until we were ready to write a song that had two chords, and so on … until we were writing pretty complicated songs."

Courtesy photo

Danny Tieger works with children to write a song.

After one student learned to play eight chords, she announced she wanted to cease guitar lessons and take up song writing. Always one who tries to say yes to an opportunity, Tieger looked for a book to teach songwriting to a fourth grader. When his search turned up nothing, he realized there was a void that he could fill and began thinking of how he would divide his material into chapters.

"I Am Your Songwriting Journal: An Interactive Guide to Turning Your Amazing Ideas into Awesome Songs!" sold out of its first printing and was picked up by Barnes and Noble.

Among the things that allowed Tieger time to write the book were paychecks from some national commercials: Samsung Galaxy S5, Toyota Tundra and Taco Bell.

"A lot of true actors starting off might scoff at the idea of doing commercials, but I found it very satisfying," he said of 18-hour days with macro communities that formed around the making of each one.

While on tour to 27 cities across the country with "Matilda," Tieger was able to arrange about a dozen songwriting workshops. Describing the morning he spent in an elementary school, he said, "Five hundred kids writing a song about cheese at 8 o'clock in the morning is a real rush.

"I would love to go back on tour exclusively doing songwriting workshops all over the place. Inspiring young people to use their creativity to write music is the most satisfying thing I do."

Tieger's commercial agent is eager to get him working again and while he looks for a casting agent, he's working on a book with his 8-year-old niece about a video game that tries to take over the world.

The advice he gives those aspiring for a career in the creative arts is to be part of a community where people ask you to a participate in their projects – and to say yes.

"The secret to being 30 years old and still creating things for a job is really about having said yes to all the opportunities that have come before this moment," he said.

The most recent proof of that was an unexpected call offering him the role of understudy for Mr. Wormwood in the Boardway production of "Matilda the Musical." **WHL**

Zachary Adler | Kiarra Austin | Jordan Balaban | Linor Ben-Naim | Arianna Bouchard | Leo Dresdner | Simon Ganeles | Eitan Mager Garfield

WITH PROFOUND JOY AND PRIDE, HHNE SALUTES ITS GRADUATING CLASS OF 2016.

We are pleased to announce that these students have been accepted to excellent colleges, universities, and foreign study programs including MIT, Cornell University, Boston University, Quinnipiac University, Brandeis University, Wesleyan University, and Yeshiva University.

Jesse Goldman | Maya Hasbani | Talya Hyman | Lauren Rosenay | Ilan Small | David Yashgur | Ari Zackin

HEBREW HIGH SCHOOL OF NEW ENGLAND • 300 BLOOMFIELD AVENUE, WEST HARTFORD, CT 06117 • 860-231-0317 • FAX: 860-236-7623 • HTTP://WWW.HHNE.ORG

At Hebrew High School of New England, we pride ourselves with the achievement of our students. One hundred percent of the HHNE graduates that apply to colleges receive acceptances each year. In addition to their academic success, our students participate in a variety of extra circular activities, each matching their personal interests and passions. Our students show leadership though participating in significant cultural events such as the March of the Living. From Poland to Israel individuals march as a silent remembrance of the holocaust. This year both Seniors' and Juniors' attended the AIPAC Policy Conference in Washington D.C. During this event, students had the wonderful opportunity to hear from presidential candidates and world-renowned speakers on various issues regarding politics, Israel, the United States, and the Middle East. In conjunction, Hebrew High School of New England encourages students to find their personal talents in the fine arts. This year, one of our seniors produced and directed the school play composed of her peers. The theater was packed and rolling laughter emanated from the audience.

The Hebrew High School of New England is a regional, Modern Orthodox, co-educational day school that provides college preparatory Judaic and general studies in an inclusive and supportive environment to students from across the denominational spectrum.

We are a community of young men and women from across the Jewish denominational spectrum, working together to develop knowledge, values, and leadership skills. We prepare students both academically and spiritually. As one of the only Modern Orthodox co-educational secondary Jewish Day School between New York and Boston, we nurture both love of learning and respect for God and humanity. Our culture and curriculum foster commitment to the State of Israel, its people and its traditions.

For more information and to schedule a tour of Hebrew High School of New England please contact our office at 860-231-0317 or email us at office@hhne.org.

Photo by Lisa Brisson

A volunteer at heart

New mayor puts premium on quality of life in town

by Abigail Albair
Executive Editor

West Hartford's new mayor doesn't consider herself a politician.

For Shari Cantor, public service has always been about volunteerism and the chance to make and keep her hometown a great place to live.

Cantor has served on the Town Council since 2004. She was appointed when Scott Slifka became mayor and served alongside him in the 12 years that followed, eventually becoming his deputy in 2011. Cantor was elected by her colleagues to the mayor's seat when Slifka stepped down from the role due to professional obligations – a decision he announced in January and that became official May 16.

During a special meeting of the Town Council that evening, when dozens of community members turned out to bid farewell to Slifka, he offered words of praise for his successor, sharing the memory of when he first received her resume so he could consider her for appointment to the governing body.

"Shari's appointment to the council was the first decision I made as mayor and, really, it was the best decision," Slifka said.

He noted, holding up Cantor's resume, that at the time she was a person he "knew as a piece of paper and nothing more," but that over the years the two have become close friends.

"I leave very comfortable now knowing that the town is in fantastic hands with Shari at the helm," he said.

Prior to joining the council, Cantor said the only political thing she'd done in her adult life was become a vocal opponent to the K-2/3-5 elementary school model, something she said was "purely a model I didn't think would work for West Hartford."

Professionally, she worked as a CPA, taking six months off after the birth of the first three of her four sons: Josh, Sam, Ben and Jacob – the youngest of whom just completed his freshman year of college.

She returned to work part time after her sons were born, but ultimately decided to become a full-time mother, which included time as a "very involved" room parent, PTO president and other activities.

Cantor took courses in the Masters of Social Work program at the University of Connecticut where she completed a few courses before she became pregnant with her fourth son, Jacob, who was soon born with complex congenital heart disease.

"He had 100 percent blockage between his heart and lungs," she recalled of the first moments of her son's life. "He was seconds away from loosing too much oxygen to his brain."

A few years, multiple surgeries and an incredible amount of support from the Morley School neighborhood later and Jacob was a happy, healthy child.

The experience inspired Cantor to become involved with the American Heart Association, serving on the board, and eventually chair of the board, for the local chapter.

Her service as a volunteer on nonprofit boards is vast, including time on the boards of Foodshare, the Jewish Federation of Greater Hartford, the West Hartford Art League and the American School for the Deaf. She is also a member of the UConn Board of Trustees, among other commitments.

When she joined the council, her experiences inspired her to help West Hartford become a HEARTSafe Community. Though she stepped in at the time of the Blue Back Square hearings, it is her work to better the lives of senior citizens – such as by helping to bring the Seniors Job Bank back to West Hartford – and to make West Hartford streets more bike-friendly, among other things, of which she is most proud.

The first resolution she put her name on was one to instate a poet laureate in town. West Hartford's fifth poet, Christine Beck, is now in the midst of her term.

"[The poets] have all enriched our community," Cantor said.

These types of things were about caring for the community, she said.

"We're all involved in the big hearings," she added of council work. "It's the quality of life improvements that I've been focused on."

She has served as the chair of the finance and budget committee of the council for many years, and though the town continues to come up against challenges "righting the ship" of its pension plan, she said she is pleased with the "very responsible budgets" approved in recent years.

With so much experience, still, Cantor spoke of the "surreal" feeling of becoming mayor during a recent afternoon sitting in her Colony Road home. Nearly her entire life has been spent in the town she will now lead.

"I've gotten emails from friends who live in town who say they can't believe their kindergarten friend is going to be mayor," she said with a smile.

Childhood years

Cantor, the daughter of Rose and Marcus Granow, grew up in a little neighborhood on Greenbriar Drive until the age of 5, when her family moved to Osage Road. She had two older brothers and a younger sister, all close in age.

She attended Aiken School for kindergarten and King Philip for her elementary and junior high school years, beginning high school in grade 10 at Hall High.

A natural ability for leadership showed itself at an early age, as Cantor served as captain of the gymnastics and swim teams. She also ran track, played tennis and was a musical young person.

She attended UConn, beginning as a psychology major and ultimately graduating with a business degree in 1981. She began work at Siskin, Shapiro & Company in Hartford and ended up working for Coopers & Lybrand when her company was acquired. She focused on estate planning and soon took a job at Cigna.

"I had gotten married in 1985 and decided it would be a better lifestyle in the private sector," she said.

Aside from a brief time right after college, Cantor has always lived in West Hartford.

Over the years, she has seen the town change.

"When I went to school, West Hartford was not very diverse," she said.

She remembers buying her dress for her brother's bar mitzvah at Lord & Taylor in Bishops Corner and spending days in Downtown Hartford with her family.

"I was in high school when the mall was built," she recalled, noting that the center of town soon "emptied out" leaving few retail and dining options.

She returned to town to raise a family because of the schools, she said.

"There was great potential and the people are amazing," she added. "I was always about community and neighborhoods."

Cantor's husband, Michael Cantor, attended the University of Connecticut and UConn Law School

Courtesy photo

Shari Cantor was a co-captain of the gymnastics team when she attended Hall High School.

before beginning work at a small patent firm, which he later took over and has now grown into Cantor Colburn, a top 10 firm in the country.

He now chairs Connecticut Innovations, a quasi-public agency with a mission of growing high-tech industries in the state.

The pair – who are world travelers as part of Michael's profession – are active in fundraising for the

Tickets on sale through 5/31

Power of the Purse
Luncheon and Silent Auction

WOMEN'S LEADERSHIP COUNCIL
POWER of the PURSE
LIVE UNITED United Way

Tuesday, June 7
Connecticut Convention Center

Featuring inspirational speaker Liz Murray from *Homeless to Harvard* and author of New York Times Best-Seller, *Breaking Night*

UnitedWayInc.Org/POP2016

Thank You 2016 Sponsors

Title Event: TD Bank, America's Most Convenient Bank®
Title Speaker: THE HARTFORD
Premier: StanleyBlack&Decker
Technology: The Hanover Insurance Group, Inc.
Gold: Comcast; The Hartford Steam Boiler Inspection and Insurance Company; Sun Life Financial; Travelers
Spotlight: Webster Bank

#PursePower2016
#Celebrate5atPOP

Democratic Party, but on her home turf Cantor doesn't revel in the politics.

"You don't have to be this political animal to do this, to serve your community," she said.

Cantor feels she is at a unique stage of life as her 88-year-old mother still lives in West Hartford, her son recently bought a home here and she and her husband are recent empty nesters, all of which gives her varied perspective on life in town.

"I'm really proud of what we've done," she said of her council work thus far. "It hasn't been easy. The hardest thing for me is to say to anybody, 'You have to pay more,' but we can't keep our town the way it is if we don't continue to fulfill commitments to pension, healthcare and continue to invest. We do have to be very measured and careful."

She is pleased with the savings the town realized by combining Board of Education and town operations, and work done on union negotiations to improve the fiscal landscape.

"We are changing the bend of some of these long-term obligations," she said.

Speeding remains the biggest complaint the council receives, something Cantor plans to tackle in her mayoral tenure.

"We want to attract young families and make sure that we have what they're looking for: safety and schools," she said. "The other thing is having a vibrant social life and having the amenities that everyone is looking for when you have a young family. They like a walkable, vibrant urban center so we will focus on smart growth."

She is looking forward to working with Town Manager Ron Van Winkle and the administration, as well as new council member Dallas Dodge – appointed to fill Slifka's vacancy – and Leon Davidoff who was elected to the deputy mayor position, as well as the rest of the council.

"I feel like I am prepared for this position. I know my heart is in the right place. This is what I want to do, I want to serve," she said. "I still don't view myself as a politician. I view myself as being a very involved volunteer." **WHL**

Photo by Lisa Brisson

Shari Cantor views herself as being a very involved volunteer.

Do You Identify As Jewish?
Part Of A Jewish Household? Working With A Jewish Organization?

Your VOICE matters.

TAKE THE SURVEY TODAY AT:
JMAPCT.ORG

All Are Encouraged To Participate!

ONLINE SURVEY OPEN
JUNE 6-30

Conducted by professional researchers. Co-sponsored by the Jewish Community Foundation and Jewish Federation of Greater Hartford. Anonymous and confidential. Completed entries eligible for unique prizes.

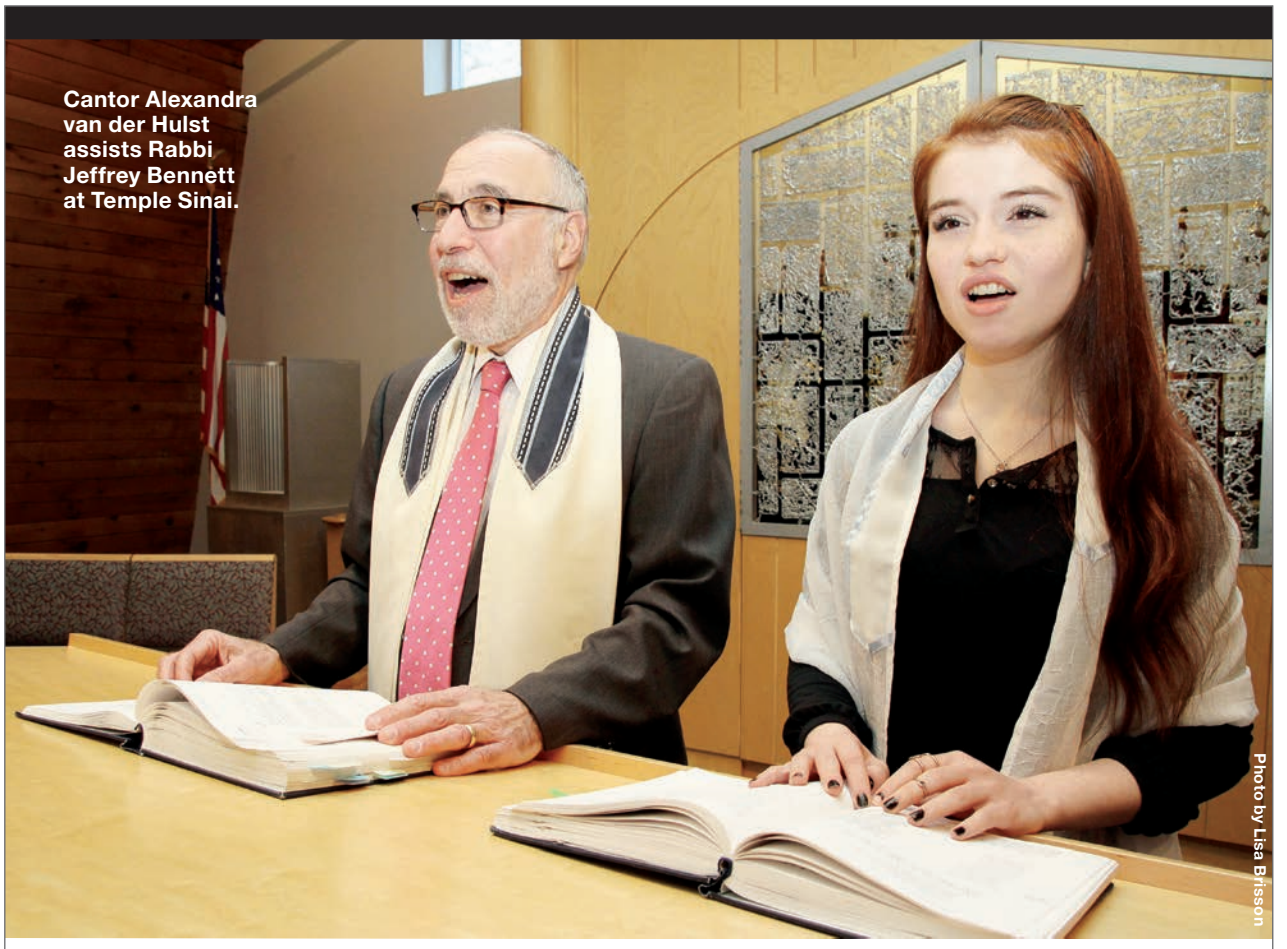

Cantor Alexandra van der Hulst assists Rabbi Jeffrey Bennett at Temple Sinai.

Photo by Lisa Brisson

Singing her heart out

16-year-old leads her congregation in song and prayer

by Lynn Woike
Editor

Whether it's ancient Hebrew prayers or old Broadway tunes, Alexandra van der Hulst sings them with passion.

Alexandra said she's been singing around the house for as long as she can remember.

"I always sang more old school Broadway stuff like Julie Andrews because my mom always liked to show us all 'The Sound of Music' and 'Mary Poppins' and all the old musicals. She'd watch it with us."

"I went to a summer camp at the now defunct Hartford Children's Theater and where I did a little bit of acting," she recalled of when she was 7.

"My mom was a dancer and my dad did acting and singing. They both always liked performing," she said of her parents, who are both professors.

Voice lessons began when she was 8.

"My parents started me because they realized I was doing it all the time and I was pretty good," she said.

Looking for an ideal protein?
Try eating REAL food!
Let Bordeaux Nutrition® show you how!

Nutrition counseling helps with:
- Reflux/GERD, Gas, Bloating, IBS, Crohn's, Colitis
- Allergies, Asthma, Celiac, Gluten/Food Intolerance
- Migraines, Joint pain, Gout, Osteoporosis, Kidney Stones
- Acne, Psoriasis, Eczema, Autism, ADD/ADHD
- Bipolar, Schizophrenia, Depression, Anxiety
- Disordered eating, Food Fears and Body Image Issues
- Thyroid, Diabetes, PCOS
- Weight mgmt, High Cholesterol, High Blood Pressure
- Autoimmune: RA, Fibromyalgia, Ankylosing Spondylitis

...and many other conditions for children and adults

Don't just survive...THRIVE! with Bordeaux Nutrition®

Renée J. Bordeaux RD, CDN, CPT

Jacqui Campbell MS, RD, CDN

Bordeaux Nutrition® LLC
INTEGRATIVE NUTRITION • MEDICAL NUTRITION THERAPY
66 Cedar Street, Suite 305, Newington
860-757-3474
www.bordeauxnutrition.com
We accept: Aetna, Anthem/BCBS, Connecticare, Cigna, United Healthcare, Oxford, Medicare and Harvard Pilgrim

Ready for a new dental experience?
6 Dentists & Hygienists for convenient scheduling
Open 6 days a week • Early morning & Saturday hours available
Multi-specialists under one roof & a doctor on call 365 days a year

Contemporary Services provided:
- Cosmetic Bonding
- Veneers
- TMJ Therapy
- Root Canals
- Smile Analysis and Design
- On site Specialist Care

Exceptional dental care provided by a compassionate, trustworthy dental team...
Thomas J. Mensi, D.M.D.
Charles R. Chiarello, D.D.S.
Steven Hall, D.M.D.
Jason T. Mielcarek, D.M.D.
Ofer M. Doron, D.M.D.
Nathan E. Mumford, D.M.D.

Serving the Valley & West Hartford's dental needs since 1973
DENTAL ASSOCIATES
Farmington Connecticut
291 Farmington Avenue, Farmington
860-677-8666
Visit our website and Mobile App! www.DASmile.com

READ LIFE ONLINE AT
www.TurleyCT.com
Turley CT
COMMUNITY PUBLICATIONS

When she was 9, she was in her first show, landing the feature role of Gracie Shinn, the mayor's daughter, in "Music Man" at the West Hartford Community Theater.

After that, the 16-year-old said, "I did one or two shows a year" at local community theaters. Sometimes, her two younger siblings would also be part of the show – "for fun."

She, however, is serious.

The 11th grader said that among the 60 students at The Hebrew High School of New England, she is the only one "who does this very seriously."

She has been in the drama club for three years; last year she assisted a senior, this year she is leading it.

"We do a student drama show once a year," casting about a dozen students.

The past three summers, she's done a musical theater intensive at The Hartt School that involves acting and singing with some dancing.

Alexandra said she is looking at the vocal performance programs at the University of Connecticut, Skidmore College and Ithaca College.

"I'd like to be a singer and performer on Broadway," Alexandra said of her ideal job.

Her dream role?

"Phantom of the Opera's" Christine Daae, the breakout new soprano.

For now, she performs on a smaller stage.

Alexandra has been filling the role of cantor at Temple Sinai in Newington since January. She continues through June, with some additional services in July and August before the new cantor begins in September.

"I was in their choir, when I was younger, that was run by the previous cantor, Cantor Donna Gordon," she said.

She led the service for her bat mitzvah and earlier this year, she sang with 400 others the HaZamir International Jewish High School Choir at Carnegie Hall, and with the 29 others in a chamber choir that performed two additional songs.

"Alexandra started religious school at Temple Sinai when she was very young," Temple Sinai Rabbi Jeffrey Bennett said. "I remember when she was 5 years old and her class got up to sing a song for the congregation. You could hear Alexandra's voice above everyone else's – not because it was louder, but because it was so beautiful.

"She has an amazingly beautiful quality to her voice. She has always impressed people with her singing."

–Rabbi Jeffrey Bennett

"She has an amazingly beautiful quality to her voice. She has always impressed people with her singing. She has a wonderful musical sense and I could always feel that passion that she brings to everything that she sings.

"As soon as our former cantor told me that she was retiring, I thought of Alexandra. It had been several years since her bat mitzvah and I couldn't remember exactly how old she was. But it didn't matter. I knew she would add beauty and a spiritual sense to our service."

That's when he learned she was still in high school.

"She has such a mature, professional voice. It's hard to imagine that she is only 16 years old. I offered her to fill in as cantor until we find a permanent cantor. She agreed and it's been magical ever since."

Music, Rabbi Bennett explained, is an integral part of Jewish liturgy, saying, "[I]t is the music in the service that lifts the soul."

Calling Temple Sinai a "singing congregation," he added, "We don't just sit back passively and listen to the cantor sing. We join in. We are proactive in our praying. Besides her beautiful voice, Alexandra is wonderfully inviting and engaging with her singing. She has totally amazed the congregation – not only with her voice, but with her poise and knowledge of our Jewish tradition. She is a gem and we are so thrilled to have her conduct our worship services.

"We feel blessed to have her with us."

Alexandra stands on the bimah with the rabbi, together

Concerned about a loved one's ability to live safely at home?

Falling?
Memory loss?
Medication or nutrition?
Isolation?

We understand and provide continuous care to keep our residents safe and comfortable. Residents find relief and peace of mind, and so do their family and friends.

Family-owned and operated, we make every effort to personalize care for each resident. We are conveniently located, well staffed, carefully maintained and offer a reasonably priced solution to serious concerns.

Inquire now. Contact us about what we can provide for you–or stop by for a tour.

West Hartford
Health & Rehabilitation Center
130 Loomis Drive, West Hartford, CT 06107
(860) 521-8700
westhartfordhealth.com
Affiliated with Avon Health Center

UNIVERSITY OF HARTFORD

RESEARCH PARTICIPANTS NEEDED

Research participants aged 60 to 90 are needed for an experiment that explores how aging affects thinking speed. The testing will require two visits, on separate days, to the University of Hartford, with a total time commitment of approximately three hours.

In one session, you will be interviewed about how your thinking speed has changed over the years, and in the second session, you will conduct several computer-based tests. English must be your first language, and you must have normal or corrected-to-normal vision.

You will be compensated $30 for completing both testing sessions.

Call Danielle of the University of Hartford at (203) 676-2310 or email at dkaplan@hartford.edu.

TurleyCT
COMMUNITY PUBLICATIONS

READ LIFE ONLINE AT www.TurleyCT.com

leading the service.

She said she does not feel as if she is performing, because she is merely leading the congregation and "all praying together."

"I really like the song that we sing at the end of the service – Tefilat Haderech – the prayer of the way, or the path for moving forward. We close the service every night with that one."

While the religious songs are very spiritual and moving, Alexandra said she can feel the same intensity when singing other songs that are very well composed.

"I can be connected to any sort of piece that has a lot of emotion in it."

Among her favorite composers are Andrew Lloyd Webber, Rodgers and Hammerstein and Lucy Simon.

"I like the classics," Alexandra said. "I sing all the time."

"When you perform, you want to move past the point of analyzing everything: am I doing the music right? That's what you want to do in rehearsal and make sure that everything is technically correct and everything's right. Really, to perform it, you want to move past that point and just feel what the music is about, the emotion of the piece. If you really embrace the reason why it was written, and the emotion that it's supposed to emit, then everything, technically, will just fall into place."

Describing music, Alexandra said, "It's really become everything that I am. Everything that I enjoy doing and do in my spare time – but also do seriously – is related to music."

It's even how she thinks.

"I read music so it has to do a lot with math. I think in terms of the way music works, the way the structure goes, the way it has a verse and a chorus. It has an influence on the way I think," she said of music with its time signatures and measures. "I think depending on the situation, sometimes I would think in terms of ordering things much the way a song would be ordered."

While she is enjoying her role as cantor, she does not expect to attend cantorial school, "but I'd always like to come back and lead a service," she said. **WHL**

"People told us we were too young to move here, but we absolutely love it."

Carol Simpson, Resident

It's an exciting time at Seabury. Our brand new front entrance, lobby, bistro and other common spaces are now ready to be enjoyed. Additionally, construction will soon be underway on 68 new independent living residences.

If you'd like to learn more, information sessions are held at Seabury every 1st Thursday at 1:30 p.m. and every 3rd Wednesday at 10:30 a.m.

Call (860) 243-6081 or (860) 243-4033 for reservations or e-mail info@seaburylife.org

Seabury
An Active Life Plan Community

BEST OF Hartford MAGAZINE 2009 2010 2011 2012 2013 2014 2015 2016

200 SEABURY DRIVE | BLOOMFIELD, CT 06002-2650
(860) 286-0243 | (800) 340-4709
WWW.SEABURYLIFE.ORG | INFO@SEABURYLIFE.ORG

GET MORE OUT OF...
LIFE
ADVERTISE WITH LIFE PAPERS
860.651.4700 • www.TurleyCT.com

Telling tales

Matthew Dicks is an author, storyteller, teacher

by Mara Dresner
Staff Writer

Courtesy photo

If not for a mediocre grade on a high school English assignment, Matthew Dicks might never have launched a writing career.

"I didn't take school very seriously," he said.

Then came an assignment for the high school junior to write a piece of satire.

"It was the first time I could write something I was excited about," he said.

His teacher was not impressed and gave him a B-minus.

"And I was mad. He was short and bald. Those men tend to be funny or angry, and he was angry. We yelled at each other in front of the room," recalled Dicks.

He was offered the opportunity to read his piece to the class. If they agreed it was satire, his grade would rise to an A-minus. If not, he would get a C-minus for the assignment.

"I was two sentences in before I heard a girl laugh. It was a girl who I loved and it was the best sound in the world. When I finished, everyone was laughing," he said.

The teacher asked for a show of hands if the students thought the piece was satire.

"Every hand went up," Dicks said. "That was the moment I realized I could be a writer. I made girls laugh. I made the teacher look stupid. I felt like that changed my future in a way."

He launched his writing career by composing term papers for classmates, $50 for un-typed, $100 for typed. Still, it was a long road from the 1988 satire incident to having his first book – "Something Missing: A Novel" –
published in 2009.

"I had been trying to write novels for years," said Dicks, who simultaneously earned degrees from Trinity College (English) and the University of Saint Joseph (education).

"It took me a while to figure out what I was doing. I'd always wanted to write since I was kid. I told my parents I wanted to teach for pleasure and write for a living."

While he achieved the goal of doing both, the roles are reversed.

"In 1999 I got hired by West Hartford. I've been there ever since. It's been great," Dicks said.

He teaches at Wolcott Elementary School and is a former West Hartford teacher of the year and a finalist for Connecticut teacher of the year. He's written several books, recently handing in one to his editor and starting a new one.

"Perfect Comeback" came out last fall.

"I tend to have a lot of projects going on at a single time. I really enjoy writing the novels. I don't know where the novels are going. Writing the novel is almost like reading the novel for me," he said.

His books are all different from one another, which can make it a challenge to pick up steady readers, but his work returns to a couple of similar themes.

"As people read them, they start to find themes that were unintended by me leak out of me. I'm interested in the idea that we tell kids to be themselves, to blaze their own trail. If you do that as an adult, you often get punished for it," he said.

"I'm interested in people who are willing to be themselves when no one else wants them to be that way. People who are daring to be different. I find great nobility in that. The person who is a hero in the book is never recognized as the hero except by one person," Dicks said.

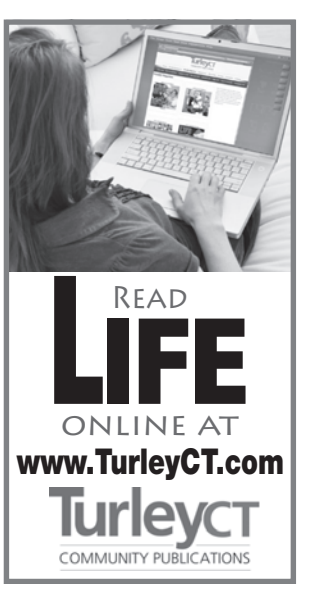
He has set a couple of titles in Newington. He's also changed his process of writing through the years.

"I had a white board and would post notes and outline books. I would write 30,000 words and give up," he said.

Several years ago, he went to visit an elderly relative in Boca Raton, Florida, who lived "in an old person compound surrounded by golf courses." While Dicks enjoys playing golf, his wife Elysha didn't tell him about the courses, so he didn't have his clubs. He also discovered that there was no Wi-Fi or cable.

Without any distractions, he

Dog Days
of West Hartford
WHERE DOGS PLAY, INSIDE AND OUT.
Follow us on:
Let your dog experience our large indoor-outdoor play facility with pick up and drop off service included*
Now Offering Professional Pet Grooming
• Superior clipping and scissoring by professional groomer
• Breed-specific cuts • Refreshing Baths
• De-shedding programs • Pedicures
www.dogdaysct.com
Bob Duncan, Owner
bob@dogdaysct.com
860.982.9323
*West Hartford only



"We tell kids to be themselves, to blaze their own trail. If you do that as an adult, you often get punished for it."

– Matthew Dicks

started writing his first novel, "Something Missing."

"I just had the idea for a character. I thought it was going to be short story. In desperation, I said I'd write a short story and discovered I'm not a writer who's supposed to plot things. I went to Trinity and no one bothered to tell me. If I hadn't gotten bored in Boca, I probably would have given up," he said.

He writes every day and has a popular blog.

"The day my daughter was born, I was in the delivery room with a computer on one side of the room and my wife on the other," Dicks said.

Dicks, whose novels have been translated into more than 25 languages, is also the author of the rock opera "The Clowns" and the musicals "Caught in the Middle" and "Sticks & Stones." He has written comic books for Double Take comics, is a columnist for Seasons magazine and has published work in Reader's Digest, The Hartford Courant, The Huffington Post and the Christian Science Monitor.

Dicks is also a 23-time Moth StorySLAM champion and four-time GrandSLAM champion whose stories have been featured on the nationally syndicated Moth Radio Hour and the weekly podcast. He has also told stories for This American Life, TED, The Colin McEnroe Show, The Story Collider, The Liar Show, Literary Death Match, The Mouth and others.

He has performed in such venues as the Brooklyn Academy of Music, Bynam Theater of Pittsburgh, Boston University and Hartford's Infinity Hall. Dicks began listening to The Moth podcast eight years ago on the advice of friends.

"I was homeless; I was arrested and tried for a crime I didn't commit; I was the victim of a really horrific crime; I've had a bunch of terrible things happen. Friends said, 'You should go to The Moth and tell those crazy stories.' And then I didn't for a long time because I was afraid," he said.

"In 2011 it just became too much for me. I felt like a fraud. I wanted to say I did it and never have to do it again, so I went to New York and put my name in a hat and prayed, 'Just don't pick me.' They pulled my name and I did not move," he added.

"It occurred to me that no one in the place knew who I was. I took the stage and I hated it until I started speaking into the microphone and then I loved it. I won the slam. It was one of best nights of my life. I was hooked."

Catherine Burns, artistic director of The Moth, offered praise.

"Matt just has an unbelievable way of telling stories that are so specific to him and so deeply human in a way that many people find relatable. No matter how crazy the story is, there's something that people will connect to and that's a real gift," Burns said.

Dicks and his wife started

Come visit us at our new location.
1232 Farmington Avenue • West Hartford

Right place. Right time.

A great rate. No closing costs.

Apply for a Home Equity Line of Credit with Simsbury Bank and set up automatic payment from your Simsbury Bank checking account to receive a special rate of 1.99% APR for the first year!

Offer valid for the first 12 billing cycles and applies to new loans only. Rate will be Prime minus 0.50% thereafter. **As of 04/08/16 the rate is 3.00%.** Must not be a refinance of an existing Simsbury Bank consumer loan or mortgage. Requirements to obtain this rate include a credit score of 720 or above, maximum LTV of 80% and an annual fee of $35.00. 10 year draw period followed by 10 year repayment period. Prepayment penalties may apply, consult a branch associate. Consult your tax advisor regarding the deductibility of interest. All loans are subject to credit approval. New Simsbury Bank HELOCs only. Rates are subject to change without notice. Offer may be withdrawn at any time.

SimsburyBank.com
860.595.3244

Member FDIC
NMLS #441327

Simsbury Bank®
Bank this way.

TurleyCT
COMMUNITY PUBLICATIONS

READ
LIFE
ONLINE AT
www.TurleyCT.com

a storytelling event at Real Art Ways in Hartford. He has some advice for those who want to give it a try.

"The best stories are the little stories," he said.

For example, he tells about when he was in a car accident at age 17 and his heart stopped beating at the side of the road.

"The story ends up being later on in the ER," he said.

His parents went to check on the car before going to the hospital. He asks a nurse to call McDonald's and tell them he won't be at work that day, which brings a group of friends to the hospital.

"The ER waiting room fills up with these kids, teenagers. They can't let my friends in. One by one, each stands in the doorway and they tell me they love me, they tell me horrible things that make me laugh. That's what you remember about that story," he said.

"The important thing is that I remember those doors opening and my friends were there. We all know a time when we felt alone. I'm always looking for the little moments in the big moments or the little moments that change you in some fundamental way; those are the good [stories]."

Kim Damokosh, a health care business consultant in West Hartford, is a fan of The Moth.

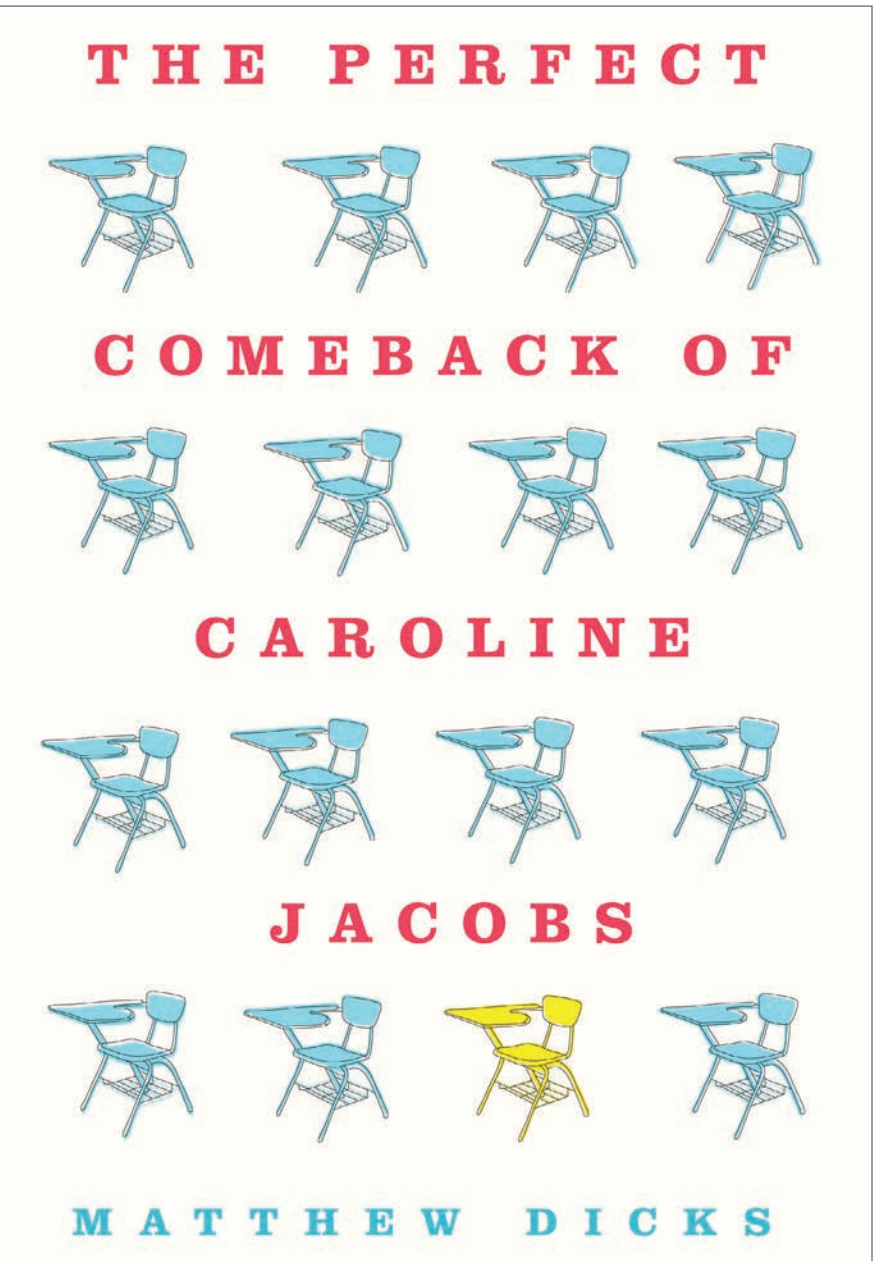
"My husband and I became good friends with he and his wife, Elysha, through trips to The Moth in New York and also a book club we started with one other couple. Matt's colorful and sometimes painful/difficult background provide plenty of material for his storytelling/writing," she said.

"But his willingness to be entirely candid about these experiences, his own flaws, pain and ultimately the personal growth that results from each of these vignettes are key to his ability to connect with an audience/readers. Matt's stories and books are almost always emotionally complex but conveyed through relatable characters and situations that make these emotions accessible to readers and listeners."

Dicks teaches storytelling and public speaking to individuals, corporations and school districts around the world. He most recently taught at Yale University, University of Connecticut Law School, Purdue University, Connecticut Historical Society, Kripalu Center for Yoga and Health and Graded School in Sao Paulo, Brazil.

He is the creator and co-host of Boy vs. Girl, a podcast about gender and gender stereotypes. He's also a wedding DJ, minister and a life coach. **WHL**

Learn more at matthewdicks.com or themoth.org.



BODY SHAPING DAY
JUNE 6, 2016
Get your body bikini ready!
FREE body shaping consultation with Dr. O'Brien
Special Pricing One Day ONLY*

SUMMER BEAUTY
JUNE 8, 2016 2-6 P.M.
Botox $12/unit* (minimum 40 units)
Juvederm $400/syringe* (minimum 4 syringes)
Special Pricing One Day ONLY*

Call **860-436-9946** today
to schedule your appointments

MILLENNIUM
Med Cosmetics
Maria O'Brien, M.D. • www.mmclaser.com
2139 Silas Deane Highway, Rocky Hill
**May not be applied retroactively or combined with other offers. IMS/BBU void. Juvederm offer excludes Voluma. Other restrictions apply.*

Maria Santos, M.D.
Cardiology

Saint Francis Welcomes Maria Santos, M.D.

Dr. Santos, a specialist in cardiology, has joined the medical staff at Saint Francis Hospital and Medical Center.

Dr. Santos received her medical degree from University of the Philippines Manila College of Medicine and completed her residency in internal medicine at the University of Connecticut Health Center. She went on to fellowship training in cardiology, also at UConn Health Center.

A member of Cottage Grove Cardiology, Dr. Santos is board certified in internal medicine, general cardiology, adult echocardiography, nuclear cardiology and vascular interpretation.

You can learn more about Dr. Santos, or any of the more than 700 accomplished physicians on our medical staff, by visiting stfranciscare.com or calling 1-877-STFRANCIS (1-877-783-7262).

SAINT FRANCIS
Hospital and Medical Center

Summer Life

SPECIAL SECTION OF

TurleyCT Community Publications

TurleyCT.com | June 2016

Getting your GOLF ON

Tips on making the most of the season

by Nancy Thompson and Alicia B. Smith
Staff Writers

There's nothing like the green of summer, unless it's the "greens" of summer on area golf courses.

Once considered to be a game for the elite, golf's appeal has expanded to youths, seniors and players who don't get out often.

Professionals at courses in the area are always looking to attract new golfers and to help their players enhance their skills and add to their enjoyment of the game.

In Glastonbury, Jim Tennant, the PGA professional at Minnechaug Golf Course, is working to encourage golfers of all ages and ability levels to enjoy the game at the nine-hole course. He understands what the course is and what it isn't, and has helped make the par-35 Minnechaug course a place where people who are learning to play, women and older golfers feel welcome and respected.

Dan Butler, director of golf at Tower Ridge Country Club in Simsbury, suggests golfers look over their equipment to ensure they have what is needed and update outdated equipment. "Technology is changing the game," Butler said.

Once out on the course, Butler suggested that golfers find a place where they feel comfortable. "Play the right set of tees," he said. "Don't go all the way back in the tee boxes."

As tempting as it is to head to the local course, Ryan Kane, manager at Rolling Greens Golf Club in Rocky Hill, suggested that every player, regardless of skill level, take some time at a driving range.

"You want to stay positive when playing golf," Kane said. "It's definitely better to shake the cobwebs off and practice a little bit."

New to the game?

Our experts encourage brand-new golfers to take lessons. "It could be a group lesson or a private lesson, but it doesn't have to be one-on-one," Tennant said. "New golfers need to learn enough fundamentals to enjoy themselves out there." He often suggests that beginners play later in the day, even at twilight, when the course is less crowded and they will be less stressed. "Don't come Saturday morning," he said.

Rich Crowe, golf pro at Rockledge Golf Club in West Hartford, agreed. "For somebody getting into the sport, taking lessons early on would be something I would encourage them to do," he said.

Butler agreed, suggesting that lessons from a professional would serve a new golfer well.

Golf equipment doesn't need to be a budget-buster.

"You don't have to spend an outrageous amount of money," Butler said. "I don't think anyone personally should spend full retail on golf equipment. It's outrageous, the cost. There are plenty of places who sell used or new equipment at a discounted price."

Kane suggested that once new golfers have a feel for how to hit the ball, they can try an executive course, a par-3 shorter course, before trying their luck at a longer 18-hole. "Play with your friends so you can get the proper etiquette and pace of play," he said.

John Tatakis III is the manager at Connecticut Golf Academy, which has a driving range and practice space for putting and chipping and

Making the most of your green fees

Green fees vary by course and often by day and time. Here are some suggestions from the professionals for getting the most for your money.

Look for deals. Some courses offer season passes. Discounts are often available on the course's website.

Show up a half-hour early so you can practice a few putts. That way you won't spend the first few holes getting used to the game.

If you're open to playing any time, play on off-peak days and hours.

The Golf Now app, which Minnechaug Golf Course and many others in the area use, may offer discounts such as a reduced fee for nine holes with a cart or two rounds for the price of one.

other elements of the short game. He suggested that new golfers start at a driving range and sign up for lessons to learn the fundamentals.

Weekend warrior?

Weekend golfers should plan ahead and book a tee time in advance so they're not disappointed when they arrive or shut out of playing altogether. "Every course has a little different policy," Tennant said. "There's an app for Android and iPhone that lets people book tee times seven days in advance."

Kane also suggested booking tee times in advance. "If you are playing a course for the first time check out their website, look at the course layout so you know what you are up against, especially on a course where it is the first time you play," he said.

Crowe recommended finding time to practice parts of the game. This could be a half-hour at the Rockledge driving range or some time on its practice putting green or at West Hartford's 9-hole course, Buena Vista Golf Course.

"Buena Vista is a little more laid back," Crowe said. "A lot of beginners go out of there. It's a little bit shorter, easier to get around."

Practicing at home is an option as well, Butler said.

"You can find 10 to 15 minutes a day to hit some putts in the living room or swing in front of a mirror," he said. "You don't have to be playing golf to get better at playing golf."

Tatakis said a nine-hole or executive course would be good for golfers who won't have time to play as often as they'd like and also enable players to get a good handle on their game before they go on to an 18-hole course.

The regulars

Tennant said daily or almost-daily golfers tend to play the same course and know when the quiet times are. They also may have a relationship with the staff, which can be important. "The staff and the golfers get to really know each other," he said. "We will always bend over backward for that regular customer."

Keeping in shape is important.

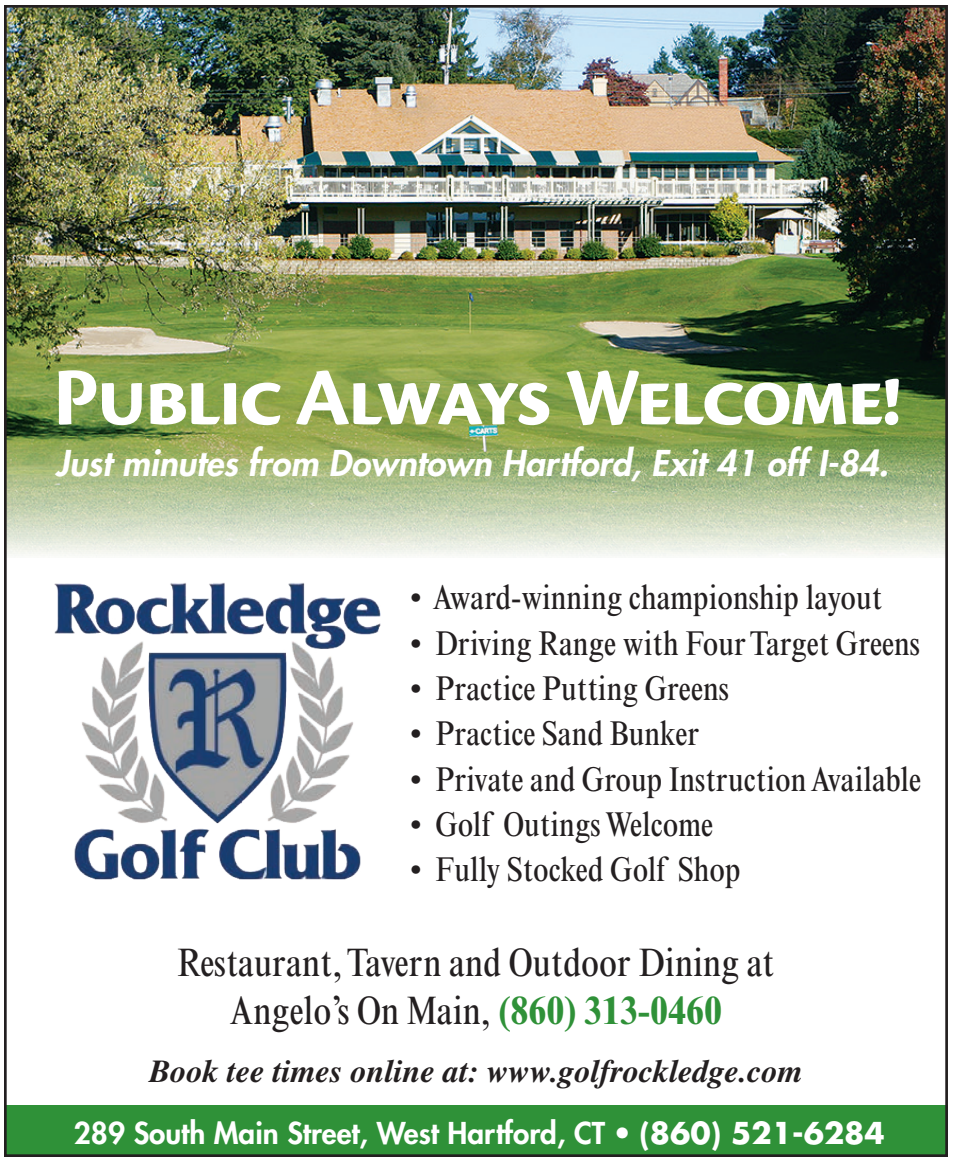
Crowe often suggests that golfers work out in the winter, and focus on stretching, all of which will help when the season starts in the spring.

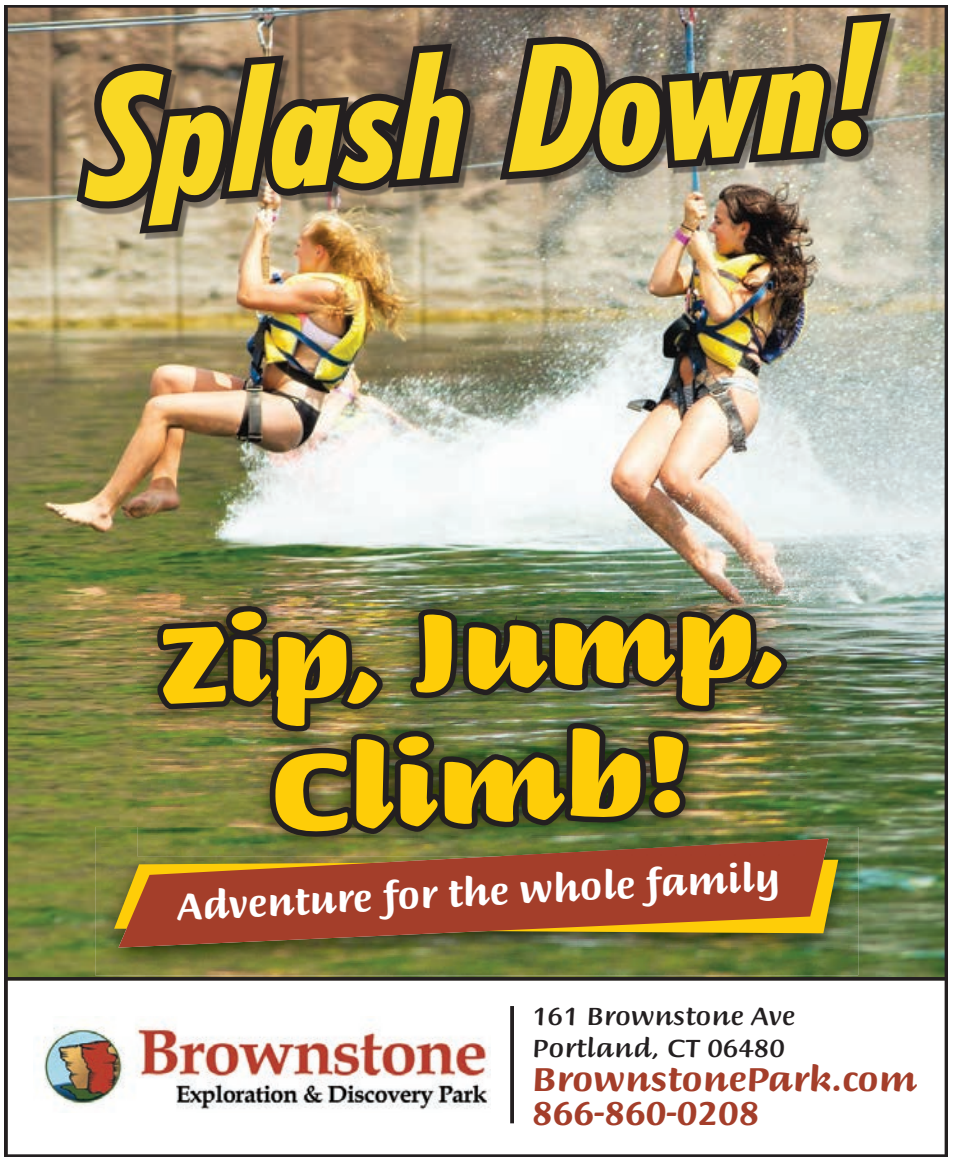
He said it's a good idea to come to the course about a half hour early before their tee time to have a chance to do some stretching, hit a few balls on the driving range and practice putting before teeing off for good.

"If you are playing on a daily basis, it's all about having fun," Butler said. "It's only a game. No matter what happens on a golf course, the course is going to stay there and you are the one who played bad. Remember, it's only a game and you can always come back to it."

Kane said regular golfers can look around for a golf league because playing with a group often provides motivation.

Tatakis likes variety. "I would suggest people try different types of


PUBLIC ALWAYS WELCOME!
Just minutes from Downtown Hartford, Exit 41 off I-84.
Rockledge
Golf Club
• Award-winning championship layout
• Driving Range with Four Target Greens
• Practice Putting Greens
• Practice Sand Bunker
• Private and Group Instruction Available
• Golf Outings Welcome
• Fully Stocked Golf Shop
Restaurant, Tavern and Outdoor Dining at
Angelo's On Main, (860) 313-0460
Book tee times online at: www.golfrockledge.com
289 South Main Street, West Hartford, CT • (860) 521-6284



Where we are

Rockledge Golf Club
289 South Main St., West Hartford
521-6284
golfrockledge.com

Tower Ridge Country Club
140 Nod Road, Simsbury
860-651-9393
towerridgecc.com

Rolling Greens Golf Club
600 Cold Spring Road, Rocky Hill
860-257-9775
ctrollinggreens.com

Minnechaug Golf Course
16 Fairway Crossing, Glastonbury
860-643-9914
Minnechauggolf.com

courses, different layouts rather than playing the same course over and over," he said.

Get 'em while they're young

Many young golfers are introduced to the sport through their parents or grandparents.

Crowe suggested letting young children hit balls on the driving range or watch golfers practice rather than starting lessons too soon.

"It needs to be fun for them," he said, adding that West Hartford offers a number of learning opportunities for youngsters to learn the sport, including summer programs.

Tatakis believes children who have expressed an interest in learning the sport would benefit from a group lesson. "That definitely helps their experience," he said.

Once a child has expressed interest in the sport, parents should invest in a set of junior clubs, a better option then cutting down a set of clubs that once belonged to an adult. "It's going to be easier for the child to strike the ball and get the ball in the air," Crowe said.

Butler has seen children as young as 3 get started in the game, but warned that parents should not press their children to take up the sport.

If children take a serious interest in the game, then parents can consider purchasing a junior set of clubs. "Kids having their own set of clubs, that is the right fit, is only going to benefit them," he said.

"My father put a golf club in my hand, I think I was 3 years old," Kane said, adding that it is not uncommon to start children in the sport at such a young age.

The younger they are, Kane said, the better opportunity they will have to develop their own natural swing.

"You can play golf your entire life, at every level, at every age," he said.

Tennant said young golfers also like to know when the quiet times are. "If they don't, they might want to check with the staff to find out when the best time for them to play would be," he said, adding that, while public courses are less expensive than private facilities, that doesn't mean they're easier. "It's best to ask," he said, adding that Minnechaug is considered to be user-friendly. "Some can be really intimidating." **WHL**

Equipment

We've all seen the pros on television with their color-coordinated outfits, bags full of clubs and top-notch balls. What do the rest of us really need to bring? Here are some tips from area professionals.

For beginners and youths, the fewer clubs, the better. New golfers need a few irons, a putter, a wedge, a 3- or 5-wood for the tee, and possibly a hybrid club to get them out of trouble.

More serious players will want to add clubs but should check with their course pro who has watched them play and might have suggestions about club length or additional clubs.

For most players, sneakers are fine. Comfort should be the most important consideration.

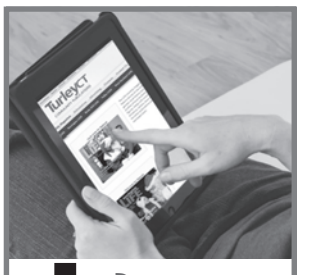
The average golfer will not notice the difference between top-of-the-line balls and everything else, so try the value packs.

Wear a hat and use sunscreen. Consider clothing that protects skin from the harmful effects of ultraviolet rays.

Bring water. Some courses provide water, but bring your own just in case.

MATHNASIUM
The Math Learning Center
Multiplication Madness/Dynamic Division: July 25-28
Fraction Action: Aug. 1-4
Algebra for Young Learners: Aug. 15-18
Enrichment • Math Help
We make MATH make sense
1 Sedgwick Road, W. Hartford • 860-561-2747
Mathnasium.com/westhartford/events

Join All the Outdoor Fun at Westmoor Park's Farm & Nature Day Camp
Trained naturalist staff will lead your child through hands on activities exploring the wilds of Westmoor Park as well as learning about and working with animals on the farm and plants in the gardens.
Our camp goal is to "leave no child inside" this summer because a world of adventure awaits them.
Day Camp programs for 3 through 13 year olds are offered weekly from Monday, June 20th through Friday, August 19th, 2016. Space is limited. For availability and registration information please go to www.Westmoorpark.org or call (860) 561-8260.
Westmoor Park 119 Flagg Road, West Hartford, CT



READ LIFE ONLINE AT www.TurleyCT.com
Turleyct COMMUNITY PUBLICATIONS

SUMMER -Times-

❑ **Kenn Morr Band** performing original folk/rock/Americana music Friday, June 3 at 7 p.m. at Lost Acres Vineyard, 80 Lost Acres Road, North Granby, tickets $10, 860-324-9481 – touring in support of its latest release, "Afterimage," recorded live at Sandy Brook Studios in Colebrook

❑ **Dinner and a Show** Saturday, June 4 at First Church of Christ, Unionville, 61 Main St., Unionville – dinner from 5:30-6:30 p.m., Irish music by the Jolly Beggars, tickets $15/$12/$8 (860-673-2796)

❑ **Infinity Hall music calendars:**
20 Greenwoods Road North, Norfolk
1-866-666-6306
June 4, 8 p.m., Garcia Project, $24/$34; June 10, 8 p.m., Valerie June, $24/$34; June 11, 8 p.m., Ana Popovic, $39/$59; June 17, 8 p.m., Southern Comfort Band, $15/$25; June 18, 8 p.m., Buckwheat Zydeco, $40/$55; June 19, 8 p.m., Little River Band, $59/$69/$84; June 24, 8 p.m., Michael Allman, $29/$44; June 25, 8 p.m., Kashmir – Led Zeppelin Tribute, $35/$50
32 Front St., Hartford June 3, 8:30 p.m., Richie Furay, $39/$59; June 4, 8 p.m., Garcia Project, $24/$34; June 5, 7:30 p.m., Richard Thompson, $49/$69/$84; June 10, 8 p.m., Tusk – Fleetwood Mac Tribute, $35/$50; June 11, 8 p.m., David Cassidy, $54/$79; June 17, 8:30 p.m., Boston Comedy Festival's Dial 617 Comedy, $25/$35; June 18, 8 p.m., Little River Band, $59/$69/$84; June 24, 8:30 p.m., Tommy Emmanuel, $55/$75; June 26, 7:30 p.m., Blues Brothers Revue, $44/$64; June 30, 8 p.m., Love Canon, $19/$29

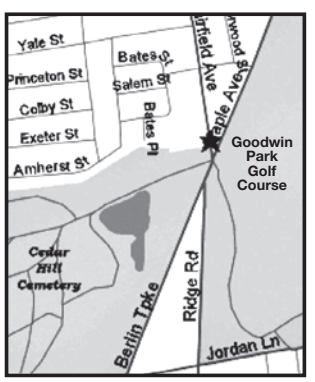
❑ **Sacred Music at the Red Door** final concert of the season, "Pipes Alive," featuring St. John's Episcopal Church organist Scott Lamlein Sunday, June 5, 12:30 p.m., at the church, 679 Farmington Ave., West Hartford

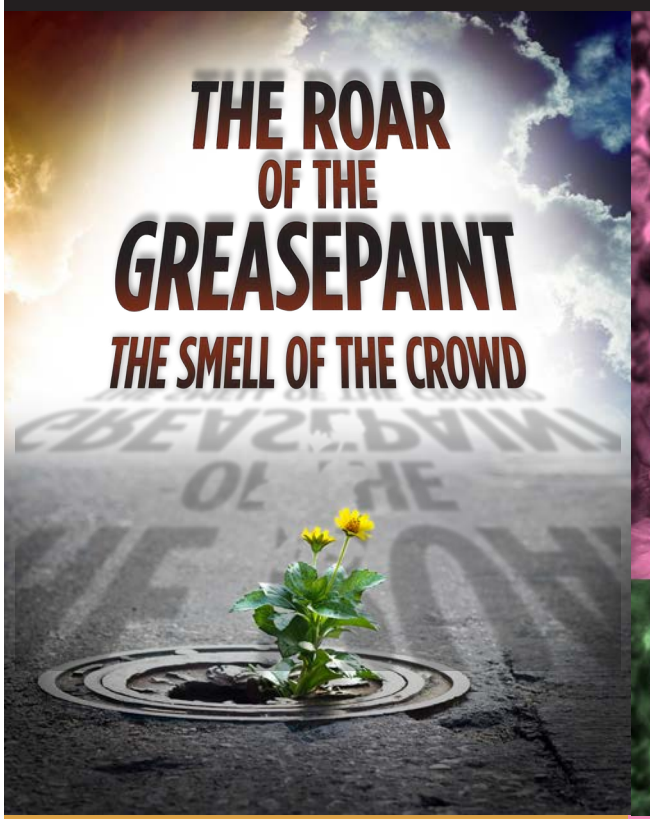
❑ **"American Salute" by the Farmington Valley Symphony Orchestra** outdoor concert Sunday, June 5, 4 p.m., on the lawn at First Church of Christ, Congregational, 75 Main St., Farmington, tickets $18/$15 online at www.fvso.org, $20 at the concert (860-975-FVSO)

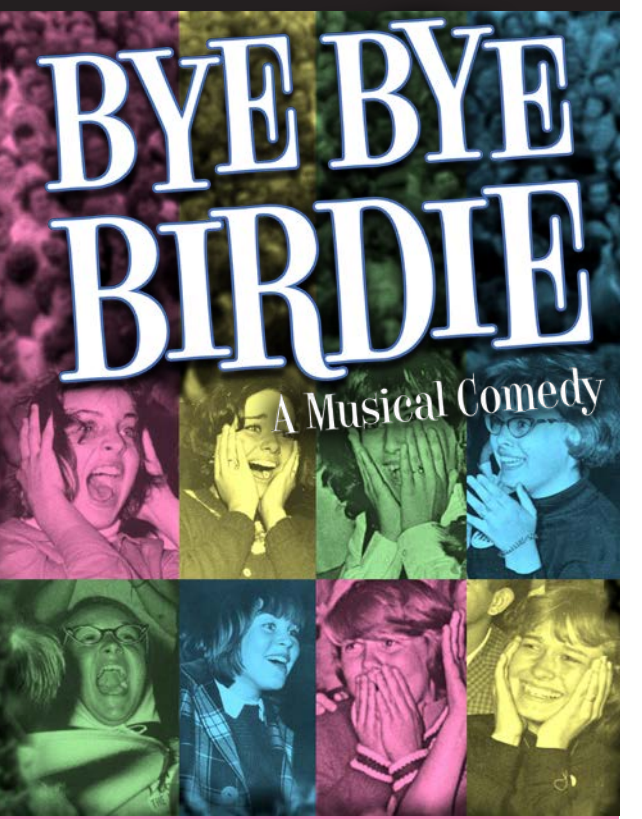
❑ **"The Israel of Things" orchestral concert** at Beth El Temple, 2626 Albany Ave., West Hartford, Sunday, June 5, 7 p.m. in honor of "Jerusalem Reunification Day" – Israeli pianist Boaz Sharon, Israeli violinist Kobi Malkin, Israeli vocalist Gon Halevi, with Joseph Ness conducting the Beth El Orchestra, tickets $20/$15 for seniors and students (860-233-9696)

❑ At the **Mark Twain House**, 351 Farmington Ave., Hartford,
•Tom Sawyer Day – Wild about Animals! Saturday, June 11, 10 a.m.-4 p.m., musical performances, part of Connecticut Open House day, free admission (discounted tours of House available)
•Graveyard Ghost Tours Friday, June 24 and Saturday, June 25, and Friday and Saturday, July 29 and 30, at 6, 7, 8 and 9 p.m., tickets $22/$17/$15, 860-247-0998
•CLUE Tours of Mark Twain House Thursday, July 28, every 15 minutes starting at 7 p.m., featuring Sea Tea Improv, tickets $22/$17/$15, 860-247-0998
•Tanglewood Marionettes presents "An Arabian Adventure" Saturday, July 30, 2 p.m., tickets $1
•It's in the Bag by the National Theatre of the Deaf Saturday, Aug. 13, 2 p.m., tickets $10/$5
•Family Series presents Pete & Chris' Magic Show Saturday, Aug. 20, 2 p.m., tickets $10/$5, 860-247-0998

❑ **Hartford Symphony Orchestra's "An American in Paris: World Winds"** June 9-12 in Belding Theater at The Bushnell in Hartford, Thursday at 7:30 p.m., Friday and Saturday at 8 p.m. and Sunday at 3 p.m., tickets starting at $35, $10 for students with ID, 860-987-5900

HARTFORD
Greek Festival 2016
Tuesday thru Sunday
June 2, 3, 4 & 5
ST. GEORGE GREEK ORTHODOX CATHEDRAL
433 Fairfield Avenue, Hartford, CT
Telephone 860-956-7586
www.stgeorgecathedral.org
Free Admission • Family Fun
Greek Imports • Authentic Greek Meals & Pastries, all made from scratch
Two bars, two bands, and two separate menus
GREEK MUSIC NIGHTLY
TAVERNA • CATHEDRAL TOURS
FESTIVAL DANCE TROUPE
COFFEE HOUSE
TAKE OUT AVAILABLE
FESTIVAL HOURS
Thursday 5pm-10pm
Friday 11am-11pm
Saturday 11am-12midnight
Sunday 12 noon-5pm
Be sure to visit our Taverna with it's separate bar, band, and authentic tavern app menu on our back patio.


GOODSPEED MUSICALS




May 20 - June 26
The Terris Theatre, Chester
June 24 - Sept 4
The Goodspeed, East Haddam
860.873.8668 • goodspeed.org
UNITED

Summer LIFE

❑ **An Evening with Taylor, Chapin & EVA** Friday, June 10, 7:30 p.m., at Simsbury Meadows Performing Arts Center, 22 Iron Horse Boulevard, Simsbury, tickets $55/$35/$25 – featuring Livingston Taylor and Tom Chapin

❑ **Acoustic Nights at Winding Trails** 50 Winding Trails Drive, Farmington, on Nature's Porch, 860-677-8458, all ages, $6/$4:
•June 10, 7 p.m., Blackberry Jam, Podunk Throwbacks and Belle of the Fall
•July 29, 7 p.m., Blackberry Jam, Nightcap and Jeff Przech

❑ **Little Theatre of Manchester's "Clybourne Park"** June 10-12, 17-19 and 24-26 at Cheney Hall, 177 Hartford Road, Manchester, Fridays and Saturdays at 8 p.m. and Sunday matinees at 2 p.m., tickets $19-$25 at 860-647-9824; opening night June 10 pre-show dinner and lecture from local author and theater historian David Garnes, dinner $15 with discount for subscribers beginning at 6:30 p.m.

❑ **Hartt Community Division Dance Department's "The Red Shoes"** June 10-12 at the University of Hartford's Millard Auditorium, 200 Bloomfield Ave., West Hartford, performances Friday at 7:30 p.m., Saturday at 2 and 7:30 p.m. and Sunday at 2 p.m., tickets at 1-800-274-8587, hartford.edu.hcd

❑ **Warner Theatre,** 68 Main St., Torrington, 860-489-7180 or warnertheatre:
•"Over the River and Through the Woods" June 11-19 in the Nancy Marine Studio Theatre, performances Saturdays, June 11 and 18 at 8 p.m., Sundays June 12 and 19 at 2 p.m. and Friday, June 17 at 8 p.m.
•Melissa Etheridge (presented by Infinity Hall) Friday, June 15, 8 p.m.
•"Seussical: The Musical" on the main stage July 30-Aug. 7

❑ **U.S. Coast Guard Saxophone Quartet** Tuesday, June 14, 6:30 p.m., on the lawn of the Barney Library, 71 Main St., Farmington, register at 860-673-6791

❑ **"A Chorus Line"** at Playhouse on Park, 244 Park Road, West Hartford, June 17-July 31 with previews June 15 and 16 tickets $15, opening night June 17 with wine and cheese reception before show, thereafter performances Wednesdays and Thursdays at 7:30 p.m., Fridays and Saturdays at 8 p.m., Sunday matinees at 2 p.m. followed by talk back, special Tuesday matinee June 28 at 2 p.m., tickets $32.50-$45

❑ **Talcott Mountain Music Festival** at the Performing Arts Center at Simsbury Meadows on Iron Horse Boulevard, Simsbury, July 1-29, single tickets adult lawn $20 ($25 at the gate), child lawn (12 and under) $5, single table seat $40 ($45 at the gate), full table (8 seats) $320 ($360 at the gate), call 860-987-5900
• Celebrate America! Friday, July 1, 7:30 p.m., rain date July 2, 7:30 p.m., fireworks after the concert
•Starlets – The Women of Song Friday, July 8, 7:30 p.m., rain date July 9, hits from most popular divas over the past five decades
•Appalachian Spring Friday, July 15, rain date July 16 – Aaron Copland's seminary piece, along with Tchaikovsky's "Serenade" and a Mozart piece
•A Tribute to Ray Charles, Motown and Beyond Friday, July 22, 7:30 p.m., rain date July 23
•Faithfully – A Symphonic Tribute to the Music of Journey Friday, July 29, 7:30 p.m., rain date July 30

❑ **Friends of Heublein Tower's Hike to the Mic** Aug. 27 and 28, noon-sunset at Heublein Tower, with special Sunday morning jazz from 10 a.m.-noon curated by Kris Jensen and Chris Casey and featuring local jazz greats – headlining: the McLovins, also on the bill: Will Evans, Atlas Grey, Wise Old Moon, Photosynthesis, Kais & Dollz, The KC Sisters, The Girls from Ruby Falls, Belle of the Fall, Now for Ages, Ragtop Doozey and The Michael Cleary Band. **WHL**

FAMILY

Music & Movie

SERIES

Free!

Tues June 14, 5:30p.m.
The Survivors Swing Band
Classic melodies and hot tunes from the swing era

Tues June 28, Dusk
The Lego Movie
Pre-movie concert at 6:30p.m. - Bandshes

Tues June 21, Dusk
Where the Wild Things Are
Pre-movie concert at 6:30p.m. - Bandshes

Tues July 5, 5:30p.m.
Samite
World renowned musician from Uganda who plays the kalimba and flute

The University of Saint Joseph | 1678 Asylum Ave., West Hartford - Rain Location (Hoffman Auditorium)

Food available for purchase or bring your own picnic.

THE AUTORINO CENTER FOR THE ARTS AND HUMANITIES
AT THE UNIVERSITY OF SAINT JOSEPH

Sponsored by
aetna®

Photo by Robert Vargas

EXPLORE THE GREAT OUTDOORS

Options for hikers of all ages and abilities

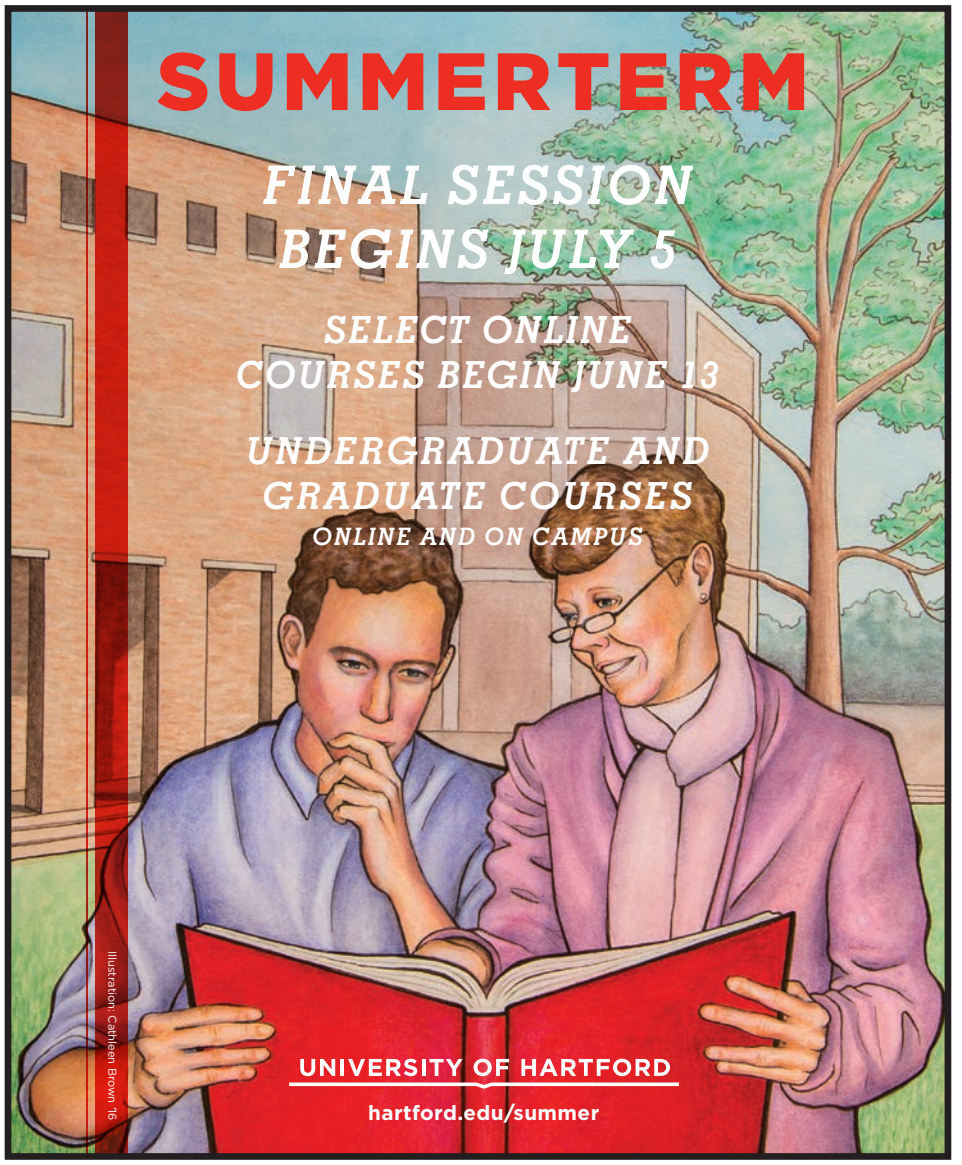
by Sloan Brewster
Staff Writer

There are hiking trails aplenty in Connecticut.

"The whole Farmington Valley is blessed with a plethora," said Jay Kaplan, executive director of the Roaring Brook Nature Center, Canton and member of the Canton Land Trust.

The trails are usually blazed with markings on trees, for many of the trail systems in Connecticut and beyond, including the Metacomet and Tunxis Trails, both of which run through the Farmington Valley with blazes that are light blue. The Appalachian Trail, which is primarily in the western portion of the state and stretches 2,180 miles from Georgia to Maine, is white.

According to the Connecticut Forest and Park Association's web-



WEST HARTFORD CHAMBER OF COMMERCE
Your Community & Business Connection
2nd Annual
Healthy West Hartford
Saturday, June 18th
11:00 a.m. – 3:00 p.m
Elizabeth Park
1561 Asylum Ave.
West Hartford
The West Hartford Chamber 2nd Annual Healthy Lifestyle Fair brings to the community the most cutting edge products and services to keep you and your family healthy. From mind to body to environment, you and your family can live happier and healthier lives!
Come Learn About Health and Enjoy Rose Weekend!
• Giveaways
• Demos
• Tour the Gardens
For More Info:
www.whchamber.com
(860) 521-2300
info@whchamber.com
Thank you to Our Sponsors!
The Mercy Community
The McAuley | Saint Mary Home
West Hartford Acupuncture
Companions for Living
URGENT CARE
american family care

site, the blazes are placed on trails by volunteers. Generally, the marks are painted on trees and are 2 inches wide and 6 inches high.

A single vertical blaze indicates that the hiker should continue in the same direction. Two blazes, one up and to the left of the other, means to take a left turn while two blazes, one up and to the right of the other, means a right turn.

Two horizontal blazes, one above the other, mean the trail has ended.

Based on terrain, scenery and accommodations, different trails are better for different levels of hiking and for folks with various types and depths of experience.

Be sure to bring water, healthy snacks such as energy or granola bars, or popcorn or peanuts in plastic bags and a first aid kit. Some folks also like to bring a compass or trail maps and, as Kaplan suggested, a few dollars for ice cream after the hike.

"Bring a cell phone in case you get lost or hurt," Kaplan said. "We don't want you to leave it on and be texting the whole time."

Families

There are a few things to consider when planning a hike for a family, according to Kaplan and Laurie Giannotti of the Connecticut State Parks Trails & Greenways Program for the Department of Energy and Environmental Protection.

The first thing is the children's ages.

"If you have young children, you would want a relatively short, flat trail that they can do," Kaplan said, advising it be terrain where the parents won't be forced to carry the little ones.

Also, make sure the trail is for foot traffic only and not for equestrians, at least if it's the first time for the family, Giannotti said.

Kaplan suggested the Werner Pond Trail, a half mile trail at Roaring Brook Nature Center. For a flat hike that's longer, try Fisher Meadows in Avon or check out the trails at Great Pond in Simsbury.

He also suggested trying state parks and local land trust trails.

For teenagers or more active children, try the Mile of Ledges in Burlington, or take a jaunt up Talcott Mountain in Avon to the Heublein Tower.

Kaplan also suggested checking out the Hedgehog Trail in West Simsbury, which follows the ridge of West Mountain. One idea he had was to take two cars and park one at the trailhead on Saddle Ridge Drive and then pack everyone into the second car and drive it to The Master's School, where the other end of the

SAVE THE DATE!
Step into the Circle of Mercy
On Monday, June 13, 2016, we invite you
to the beautiful greens of The Hartford Golf Club to **raise** green for The Mercy Community. West Hartford's premier not-for-profit Continuing Care Retirement Community includes independent/assisted living center The McAuley and skilled nursing facility Saint Mary Home. Each year, we hold a charity golf tournament and dinner to benefit our residents, clients, and programs and to shine a light on our Mission of compassionate service. Step onto the fairways and into The Mercy Community.
For registration or sponsorship information, please visit www.TheMercyCommunity.org or call 860.570.8305.
The Mercy Community

Getting Married?
Let us know!
LIFE is interested in publishing engagement and wedding announcements. Send them to LIFE Editor at 540 Hopmeadow Street, Simsbury, CT 06070 or e-mail aalbair@turleyct.com. There is no charge.

trail begins, and hike back to the first car.

The Canton Land Trust maintains a few trails as well, Kaplan said, suggesting the Ray Smith Trail at the Mary Conklin Sanctuary.

"That's a really easy trail for people," he said.

The Sun, Wind and Woodland property also has family friendly trails.

The Simsbury Land Trust also has trails, including Tanager Hill, he said.

Trails at state parks and forests are great for families because they have restroom accommodations and picnic areas, Giannotti said. She suggested Fort Trumbull State Park in New London, Fort Griswold Battlefield State Park in Groton, or Dinosaur State Park in Rocky Hill.

Fort Trumbull has a walk along the river, interpretive trails with signage and picnic spots.

For an experience in a more forested setting, try Chatfield Hollow State Park in Killingworth or Stratton Brook State Park in Simsbury, Giannotti said. Goodwin State Forest in Hampton is an excellent state forest with lots of loops for kids and has facilities.

"The state parks are the best choices," she said. "There's usually a bathroom."

For an easier hike, try one of the many rail trails in the state, Giannotti said.

"Rail trails are all great for families and people who don't want to have to worry about where to go," she said.

For beginners, Giannotti highly recommended stopping by one of the forests or parks on National Trails Day Saturday, June 4 or Sunday, June 5.

"If you want to show up on Trails Day, you'll have an advantage of a guided hike," she said. "You can learn how to read the trial blazes, and where to go and where not to go."

Questions athletes need to ask before choosing a trail

For hiking, the Mile of Ledges, Talcott Mountain and Hedgehog are also great trails for athletes, Kaplan said.

"They're not like hiking the Appalachian Trail up Bear Mountain, but we don't have that here," he said.

Penwood State Park in Bloomfield also has trails suitable for athletic hikers.

"You could actually do the Metacomet Trail," Kaplan said.

The Metacomet, which runs through Penwood, begins in Farmington and runs all the way to the Massachusetts state line.

The Tunxis Trail, which runs through Farmington into Burlington and Barkhamsted, is another option.

For hills, Giannotti recommended Chatfield Hollow in Killingworth. There are narrow, winding uphill trails.

"Basically, you can get into Cockaponset [State Forest]," she said. "And then you can go for a swim."

She also recommended Macedonia State Park in Kent.

"That part of the stare offers our steepest, rockiest, diverse habitat," Giannotti said.

Gay City State Park in Hebron and Devil's Hopyard in East Haddam are good ones, too.

"Salmon River State Forest has a lot of great hiking in it too," Giannotti said.

According to the DEEP's website, Salmon River contains nearly 6,000 acres in the towns of Hebron, Marlborough, Colchester, East Haddam and East Hampton.

Athletic hikers should look for trails that will test their endurance, Giannotti said.

Sessions Woods in Burlington has hiking trails, Kaplan said.

It also has gravel trails that are good for running and bike trails that wind through the woods and can also be used for hiking and have decent terrain for running.

Reservoir 6 in West Hartford also has a flat trail that's good for running, Kaplan said. It's four miles long and goes around the reservoir.

Rail Trails, which run across the state and can be picked up in multiple towns, are also good for runners.

Of course, not all runners want to take flat trails.

"People, to get in shape, run up

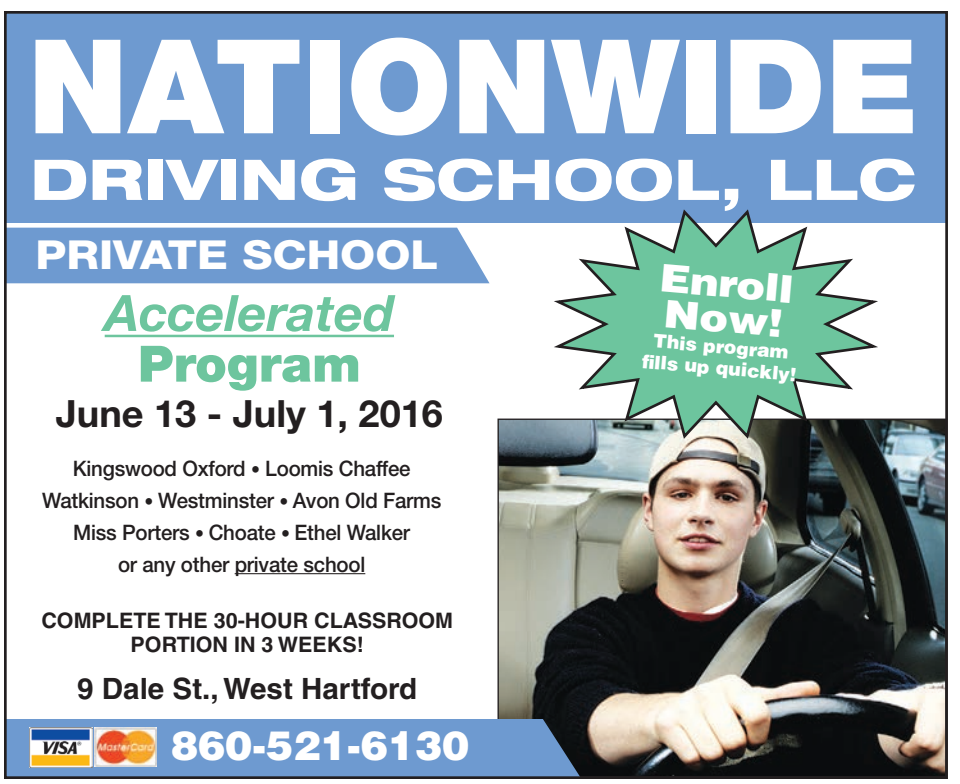
the Talcott Mountain," Kaplan said.

It's not just about endurance or distance, however. Hikers should look for trails with scenic overlooks, waterfalls, or wildlife.

"Trap rock ridges are ideal for that," Kaplan said.

Talcott Mountain, Penwood or Hedgehog have trails along trap rock ridges.

Great Pond has a flat two-mile trail where beavers and other wildlife can sometimes be seen, he said.



Those with canine companions

Folks with dogs can hike pretty much anywhere they would go without them, with a few exceptions and conditions, Kaplan and Giannotti said. First and foremost, the dogs must be leashed at most locations.

All state parks and forests require leashes, as much for the dogs' protection as for that of passersby and wildlife, they said. Dogs are allowed to roam free on some land trust properties.

"Dogs, anytime you're on state property, you have to be on leash," Giannotti said. "Number one, the bears can kill your dog ... [Number two], dogs chase the animals ... even a well behaved dog is going to chase a squirrel. Dogs kill animals."

Giannotti takes her dog to places where there is a lake, such as Cockaponset, so she can let it off leash to go for a swim and then put it back on the leash to continue hiking.

Choose hiking areas for dogs takes the same considerations as when taking children, Kaplan said. Assess its health and age and choose a location based on those factors

"If your dog is old, you don't want to hike it all the way up to Heublein Tower," he said. "Dogs have to be in shape just like people."

Bear in mind the weather as well and make sure there's a way to keep Fido hydrated.

"If it's 100 degrees, you don't want to be hiking your dog," Kaplan said. "Bring water unless you know there's a water source."

The elderly

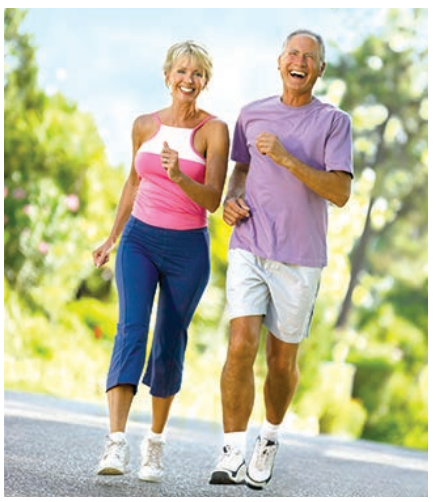
As with dogs and children, choosing a hike for someone elderly depends on the individual's health, stamina and physical fitness.

The short trail at Roaring Brook is a good option for someone who wants a short, relatively flat, hike, Kaplan said. If a half mile seems a bit too short, the two-mile trail at Great Pond is also flat. If that's a bit too much, simply go some of the distance and turn back.

"You don't have to do the whole loop," Kaplan said.

Westmoor Park in West Hartford has some trails, he said.

According to the Westmoor Park website, the trails there range between .4 mile and about one mile. The trails are safe and easily accessible.



Rail trails are perfect for older folks looking to do some walking, Giannotti said. Chattfield Hollow has a nice forest road system that's flat and is an easy loop around the pond.

She reiterated that state parks have restroom facilities, which can be helpful for elderly adventurers.

For bird watching, sightseeing

Spring is the perfect time of year for bird watching, and Kaplan is already gearing up for some early morning bird walks.

"Great varieties of birds are seen where there's a variety of habitats," he said.

Woodland areas or brushy overgrown fields are good for bird watching and Kaplan has a special spot where he enjoys going.

"Cedar Hill Cemetery in the south end of Hartford," he said. "It's a magnet for birds."

Rail trails are good for bird watching, Giannotti said, suggesting the Airline Trail in Lebanon.

"There's a heron rookery that you walk straight through," she said.

Bluff Point State Park in Groton, Farm River State Park in East Haven and Herd State Park in East Hampton are also good for birding, Giannotti said.

Dress for birding should include foot wear that can get wet, bug repellent and a hat.

For sightseeing hikes, try some of the historic sites in the state where there are old homes with diverse plantings or interesting places to visit and trails to traverse, Giannotti said. She suggested Topmead State Forest in Litchfield or Beckley Furnace State Park in Old Canaan.

"[At Beckley], there is a monument and there is a waterfall," she said. "It's a good one to go to."

Osbornedale State Park in Derby is an old homestead, has facilities and nice trails and a museum.

Talcott Mountain, which has a trail up to the historic Heublein Tower, is another one, she said, as is the Windsor Locks Canal Trail, a 4.5 mile trail along an old industrial towpath where barges were pulled in Windsor Locks and Suffield 150 years ago. **WHL**

For more information on trails maintained by the Canton Land Trust, visit www.cantonlandtrust.org.
For information on Simsbury Land Trust properties, visit www.simsburylandtrust.org.
To search state parks by activity, visit www.ct.gov. For more details and visual on how to read a blaze, visit www.ctwoodlands.org.
For more information on Trails Day, visit www.ctwoodlands.org

THE CONNECTICUT TROLLEY MUSEUM
Return to yesteryear!

$1.00 OFF ADULTS/SENIORS
50¢ OFF KIDS
With this ad. Expires 8/15/16
58 NORTH RD. EAST WINDSOR
Find Us At WWW.CT-TROLLEY.ORG

Storm Softball
2016 Summer Softball Registration Open
WHASL - Storm Softball
TEAM SPONSORS NEEDED
Please visit WWW.WHASL.COM for more information or contact Karen Sandler at kcsandler@gmail.com or by phone at 860-930-3585

Backyard FARMING

Tips for turning a home into a homestead

by Lynn Woike
Editor

As more people take an interest in where their food is produced and by whom, and as the do-it-yourself trend continues, homeowners are beginning to realize it doesn't get any more local than their own backyards and that the farm-to-chef table concept can involve your own kitchen.

Most homes have space for a garden and a compost bin. Fruit trees and bushes can be planted in place of ornamental varieties. There might even be room for a couple of chickens and even a goat.

"I think there's a lot of things that I do on a farm that will downscale well for people who are interested in becoming backyard homesteaders," said Jenn Djambazov, the farmer at the 77-acre Community Farm of Simsbury. Crops are primarily grown for Simsbury's food pantry and other area food access programs.

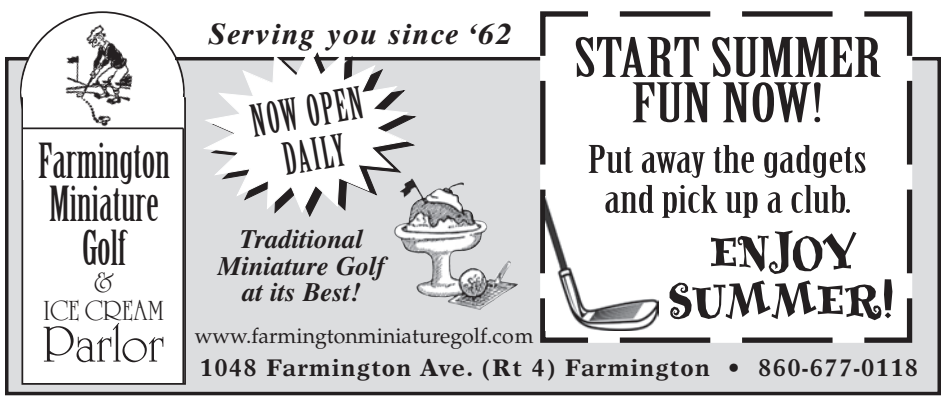
The major consideration, she said, was to be realistic about the amount of time available to take on additional chores.

"Gardening is pretty hard work; don't set yourself up to fail. Think what you want to get out of it," she said, noting that a 10-foot by 20-foot garden "is going to take a couple of hours a week" not counting the additional time needed at the beginning and end of the season.

"It's a lot easier to say, 'Awesome,' and do more next year than become overwhelmed your first year and never do this again," Djambazov said.

She has a friend who loves to can, so she grows crops such as beets and green beans that she preserves for the rest of the year.

"Others just want to go out at the end of the day and cut a salad to eat. Some want to have chickens and learn to keep bees. Some just want their kids to go outside and get dirty," Djambazov said.


Serving you since '62
Farmington Miniature Golf & ICE CREAM Parlor
NOW OPEN DAILY
Traditional Miniature Golf at its Best!
www.farmingtonminiaturegolf.com
START SUMMER FUN NOW!
Put away the gadgets and pick up a club.
ENJOY SUMMER!
1048 Farmington Ave. (Rt 4) Farmington • 860-677-0118

Once you know what you want, you can plan accordingly.

"What you want to get out of it will tell you where you start," she said.

She recommends books, videos, articles and other materials by Elliot Coleman, whom she called "the modern New Englander's guru on backyard farming in a way that makes sense."

"He works small scale," she said, and keeps things simple. He urges homeowners to use all the space they have, offering thrifty ideas for building with repurposed materials.

Talking to local farmers is another valuable source of information.

"Stop at roadside stands and strike up a conversation," she suggested, also recommending attending presentations by local garden clubs.

Now is a good time to prepare a plot for planting next year, Djambazov said. First, she recommends paying attention to sun and shadow.

West Simsbury homesteader Jon Gooch agreed and recommended mapping out the sun and shade patterns of trees, structures and fences over the seasons to determine the area with the maximum hours of direct sunlight.

Photo courtesy of Jon Gooch

Together with his wife, Margaret, and their daughter, Lilia, they have kept a 45-square-foot garden for four years.

He said he has found the best method for gardening is raised beds that are 8-10 inches tall, 4 feet wide and as long as desired. The long side, he said, "should run along the East-West axis so that optimum sunshine falls for the longest period of the day during the growing season."

If the area is currently a lawn, placing layers of old carpet or cardboard down in late summer will effectively kill off underlying weeds and grass by next spring.

Construct a boundary using untreated lumber or concrete blocks, remove any carpet or cardboard, then fill the beds with a soil containing organic compost material, Gooch said.

"You'll always have a better garden if you start preparing the year before," Djambazov said, noting that it's the organic materials added to the soil that produce healthy crops.

"The nutrients come from what's in the ground," Djambazov said.

Animals can help transition a lawn into a garden.

Chickens, for instance, will eat all the grass, seeds and bugs while also fertilizing the soil.

Costing about $3 at local feed supply stores, chickens need shelter and water. In return, they'll keep ticks, mosquitoes, grubs and mice away, she said.

Haley Billipp, who is farming the same land in Newington that her ancestors worked for generations, raises chickens. Her 1 ½-year-old daughter likes to feed them.

Because most towns do not require agricultural zoning to keep chickens, it is a reasonable undertaking.

"It's doable," she said. "You can go on Craigslist and find chicks for sale, but also little coops and mobile chicken yards that people build and sell for $500 to $1,000."

Raising chickens requires effort, and Billipp guesses she spends as much on the feed as she would the expensive organic eggs she would otherwise buy, but said there is more to consider than finances.

"You know exactly what you're getting and they're a lot fresher, so they taste a lot better," she said.

Two added bonuses are the fact chickens are fun for children, and chickens eat table scraps and other organic waste that would otherwise end up in a compost pile or the waste stream.

ERRACE
Everyone Ride / Run Against Cancer Everyday
Hartford HealthCare Cancer Institute at Hartford Hospital
BENEFITING LIVESTRONG FOUNDATION
Everyone Ride/Run Against Cancer Everyday
Saturday July 16th, 2016
At the Helen & Harry Gray Cancer Center
80 Fisher Drive, Avon
Challenge Yourself to:
Road Ride (100, 50 or 25 miles)
Technical Mt. Bike (20 miles)
Run/Walk (5k)
Check out the website for more details
www.ERRACE.org
Proudly sponsored by
D.S.O. Manufacturing Co.
ConnectiCare
Orthopedic Associates of Hartford
Urgent Care
Integrated Anesthesia Associates
Jefferson Radiology
Diagnostic & Interventional Specialists

FREE EVENTS AT THE RIVERFRONT
A SPORTING CHANCE FOR YOUTH DAY
JUNE 4 | 9:30 AM - 3 PM | RIVERSIDE PARK
RIVERFRONT SWING NIGHT
JUNE 4 | 6:30- 8:30 PM | GREAT RIVER PARK
SLEEPING BEAUTY
JUNE 18 | 4 - 7:30 PM | MORTENSEN RIVERFRONT PLAZA
HARTFORD LATINO FEST
JUNE 25 | 12 - 9 PM | MORTENSEN RIVERFRONT PLAZA
RIVERFEST
JULY 9 | 4 - 10 PM; FIREWORKS AT 9 PM
MORTENSEN RIVERFRONT PLAZA & GREAT RIVER PARK
LEARN MORE AT RIVERFRONT.ORG

When it comes to animals in the backyard, Gooch said that chances are the need will be to keep out wildlife such as chipmunks, squirrels, mice, deer and bear. He recommends a 6-foot-high mesh fence plus a foot high's worth of tiny-holed mesh vertically affixed at ground level.

Farming, however, does not require a garden plot. It could involve planting fruit trees such as pear and cherry.

"There's a lot of things you can put in your ground that are a longer-time investment, but once they start producing, they will be established for decades," Djambazov said, noting, "Connecticut has beautiful ground for blueberries."

Asparagus and rhubarb are two other perennial crops that, once established, will produce for decades.

Gardening can also be done in pots, and Djambazov has worked with senior centers and assisted living facilities to design raised beds so people in those communities can get their hands dirty.

While she composts in a huge pile turned with a tractor, small-scale composting bins can be built or purchased that will tuck into any landscape and turn garden refuse, leaves, grass clippings and food scraps into a nutrient-rich soil enhancer.

Efforts to homestead may be difficult at first, but with each season it will be easier.

"Experiment with it. You'll be able to see if what you're doing is working – either the plants grow or they don't."

Gooch said, "Preparation really is a huge part of the process, along with the realization that there are as many disappointments as there are triumphs."

Experience has taught him that "backyard gardening is 90 percent mental and 100 percent physical. If that doesn't seem to add up, it's because it doesn't. There are no shortcuts, easy streets or opt-outs. Mother Nature is an unforgiving task-mistress and does not cease in her efforts to confound even the best laid plans."

Yet, he said, there are rewards – "the delicious taste of home-grown produce and a personal sense of achievement."

Homesteading is both a mindset and a lifestyle, Billipp said.

Modern homesteading does not need to take place off the grid on a huge expanse of land – it can occur in suburbia, apartments, planned communities and cities. Canning, seed harvesting, herbal medicine, sewing, soap making, home brewing, candle making, hunting and fishing, bartering and waste management are all part of the picture.

It means making choices that use less energy, produce less waste and are more wholesome.

"Buy things that will last a long time or have multiple uses," she suggested. "Make your soda bottle into a birdfeeder or try to research some craft to reuse items rather than buying new things."

It's about doing more for yourself, Billipp said. **WHL**

Sipping

Enjoy the taste of the season with this recipe that incorporates backyard herbs.

Meyer Lemon and Sage Presse

"Very tasty and perfect for summer," said Judith Gosnell Kempe of Cherry Brook Garden Club who submitted this recipe used at the group's annual luncheon last year.

4 quartered medium lemons juiced
½ cup fresh sage leaves
1 cup simple syrup
(½ c sugar, ½ c water)
24 ounces club soda

Place the sage leaves and simple syrup in a blender. Process and strain with fine sieve. Adding ½ teaspoon salt to entire mixture is optional. Add lemon juice and divide mixture into eight glasses filled with ice. Add club soda just before serving. Serves eight.

READ
LIFE
ONLINE AT
www.TurleyCT.com
TurleyCT
COMMUNITY PUBLICATIONS

Summer LIFE

Courtesy photo

The Desmarais family of Glastonbury is afrequent visitors to pick your own farms. Here Josephine, then 2 ½, and Allison, then 4, enjoy picking apples. The girls are now 10 and 11.

Finding Strawberries Geocaches

The crops are ready at The Pickin' Patch in Avon. Christopher Carville, owner/farm manager, says that strawberries and pumpkins are the most popular to pick.

Photo courtesy of Polly Carville

by Mara Dresner and Allie Rivera
Staff Writers

With the temperatures rising and the days feeling brighter, outdoor family-friendly activities quickly become a preferable option. Throughout the region are a wide variety of activities that will get families off the couch, out the door and enjoying nature in a fun, safe and collaborative way.

While there's no shortage of farm stands in the area, many families may enjoy the experience of heading to the fields themselves to pick their own fruits and berries.

"Pick your own is a big attraction, and we are the only PYO farm in this area. People walk into our store and want to know, 'What can we pick ourselves?' People want fresh produce and the only way to know if something is truly fresh is to pick it yourself," said Christopher Carville, owner/farm manager of The Pickin' Patch in Avon, which is in its 350th year of farming. "Fresh produce appeals to everyone and it's fairly easy to do. Parents come with young children so they can teach them where food comes from. Businesspeople on their way home from work stop in to pick up a few things for dinner. We also have hardcore pickers who come and spend hours picking so they can freeze it for use all year long. [People] like knowing exactly where their food came from and when it was picked. We also have a beautiful location, so people enjoy spending time on our farm."

The Desmarais family of Glastonbury is avid pickers and enjoys trying different farms in the area.

"We prefer our fruits to be fresh and local, and Glastonbury has a lot to offer. We do purchase from the farm stands, but we try to make time most weeks to skip the stand and head to the fields. We consider it a family activity. [There are] no electronic distractions, so we talk and joke as a family while picking. We often make it more fun by having contests, like who can pick the most blueberries or whose strawberry is the biggest," said Dennis Desmarais, who picks with his wife, Lisa, and their daughters, Allison and Josephine. "I think it is important for kids to have an appreciation for where food comes from, and the hard work that farmers and pickers have to do to put food on our plates."

Sandi Rose, member/manager of Rose's Berry Farm LLC in South Glastonbury, said she's noticed some customer favorites.

"Number one would be strawberries, since they are the first fruits available after a long winter; number

Villager at Avery Heights is
Cleaning Its Closet!
THREE DAYS ONLY!
Thurs., Fri. and Sat. June 9, 10, & 11 • 9:30am - 3pm
$2-$50 Selections
Unique Clothing & Accessories Of All Seasons
SUMMER SALE
40% OFF
Mon-Fri 10-2
Starts 7/1/16 thru Labor Day
The Heights
Avery Heights • A Village of CHI
550 Avery Heights
Hartford • 860-953-1201
OPEN Monday - Friday 9:30-3:30

READ
LIFE
ONLINE AT
www.TurleyCT.com
TurleyCT
COMMUNITY PUBLICATIONS

Lasky-Griswold Antiques
Buying Antiques & Collectibles
Paintings, Art Glass, Lamps, Pottery, Porcelain, Books,
Sports Memorabilia, Manuscript Documents, Autographs, Photographs,
Military Items, Swords and Firearms, Gold, Silver and Coins.
Please call Ray or Tim (860) 436-9891
Open by chance or appointment
383 Silas Deane Hwy.
Wethersfield, CT
Free House Calls, Estates and Verbal Appraisals • Highest Prices Paid

two, blueberries; followed by number three, pumpkins/apples. Fall items have surged in popularity over the last 10 years because most do it as an outing with a group for a fun day in the country," she said.

Carville agreed that strawberries and pumpkins are big draws.

"Strawberries, obviously, because they are delicious and pumpkins because we offer free hayrides to the pumpkin fields for picking in October," said Carville, who suggests not wearing your Sunday best for the activity. "It involves dirt and usually some sweat, so dress appropriately."

Of course, the rewards of PYO are worth a little dirt.

"You can pick the freshest fruit or vegetables plus enjoy being in the country. Another reason is they get to know their farmer and trust them with using safe practices. Also, being able to enjoy the farm atmosphere and nature at its best is always a draw," Rose said. "We as farmers forget that most people don't enjoy the view we do and they enjoy coming just to enjoy being at the farm." For families that want time together outdoors for further bonding, but don't necessarily want a kitchen full of fruit, geocaching and earthcaching are also options to enjoy in the area or around the world.

Geocaching

Geocaching, also known as the world's largest treasure hunt, is all about adventure. A cache is the term used for some kind of treasure, typically a small box with trinkets inside. With geocaching, a cache is placed at a distinct coordinate, and participants can go online to find its location and search for the cache. Once it's found, participants can sign the logbook inside and swap out the trinkets to leave for the next person. The value of the find is not the key to geocaching, it's the adventure.

Similarly, earthcaching provides participants with an explicit location, but the treasure that is found at the end of this journey is of a natural state. Following the location coordinates while earthcaching brings those involved to a geological wonder.

There are numerous earthcaching locations in Connecticut, some of which are located in the Farmington Valley and surrounding area, with one in Talcott Mountain State Park and another in the Old Newgate Mine in East Granby. Further south, Rocky Hill's Dinosaur State Park also offers earthcaching adventures.

More information about earthcaching can be found through the state's Department of Energy and Environmental Protection website, while coordinates for geocaching can be found at www.geocaching.com.

For those who want adventures in a slightly more controlled environment, Dinosaur State Park offers its own version of looking for treasure.

"During the summer we have an outdoor mining activity," Park Manager Meg Enkler said. "Visitors buy a bag of what we call mining rough, so it has fossils, gems or sometimes both."

Participants put this roughage into a trough with water and sift through to find the various trinkets.

"We have little ID kits that were put together by a geologist so they can learn the fossils and gems," Enkler said.

Whatever activity a family chooses, summer is the time to get moving. **WHL**

Creative Woodworking
Classes for Adults and Children

Kids Special
Classes for 8-12 year olds now starting
$125 - 4 week class
All tools and wood included.
Evening, Weekend & Summer classes also available

Adults
find your creative self
$25 OFF any class
When you bring a friend
Evening, Weekend & Summer classes also available
Restoring • Upholstery
Caning & Rush

Class size limited to 4 per class!

Turn old into NEW & have fun doing it!

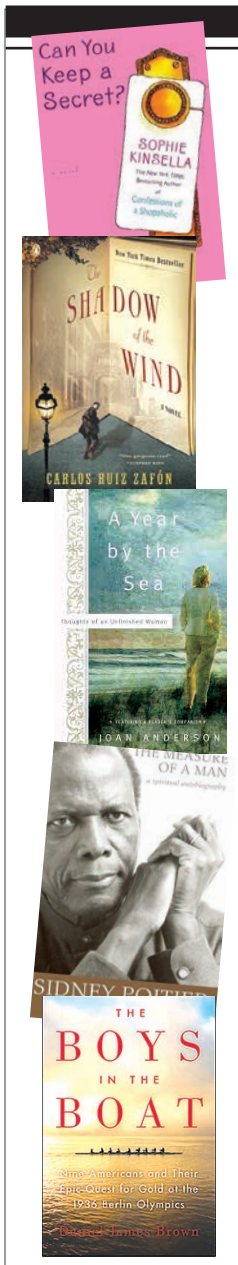
Repurpose Recreate Furniture School
A division of Finer Antiques
20 Brook Street, West Hartford
860-578-7513

fashion by rieker ANTISTRESS

Footprints • 860.666.3100
$10 OFF every pair of RIEKER Shoes or Sandals
Prior sales excluded. Cannot be combined with other sales, coupons, discounts or voucher. One coupon per person. Expires 6/12/16. VL

NOW OPEN SUNDAYS

FOOTPRINTS
Shoes & Accessories
79 Costello Road, Newington • (860) 666-3100
Mon.-Sat. 9:30-5:45 • Thurs. Night to 8:45 • Sun. 10:00-5:00
footprintsshoes.com


Can You Keep a Secret?
SOPHIE KINSELLA
The Shadow of the Wind
CARLOS RUIZ ZAFÓN
A Year by the Sea
JOAN ANDERSON
THE MEASURE OF A MAN
SIDNEY POITIER
THE BOYS IN THE BOAT
Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics
Daniel James Brown

Best bets for beach reads

by Alison Jalbert
Assistant Editor

Summer is the season to burn through your reading list, whether it's on the beach, in your backyard or any other sunny spot. Area librarians share their recommendations for must-read adult and children's books.

ADULT

"Can You Keep a Secret?"
by Sophie Kinsella

What happens when you're on an airplane and you think it's going to crash? Afraid she's soon going to die, Emma Corrigan spills all her most intimate secrets to the attractive American man sitting next to her, believing she will never see him again. Imagine her horror when she learns that the handsome stranger is her new boss.

"This is a great beach read, and Emma's discomfort around her new boss makes for hilarious reading. I couldn't help but laugh out loud."
Susan Ray, head of adult services, Simsbury Public Library

"A Year By the Sea: Thoughts of an Unfinished Woman"
by Joan Anderson

This is the story of how one woman emerged from a stagnant period, finding the energy to renew her marriage and the courage to persevere in the living of an unfettered life. After being defined as a wife and mother, Joan Anderson takes time out to define herself as her own person, rather than by her various roles, and realizes there is more to her than just the sum of her parts.

"Why is this a good summer read? Most women find themselves defined by their roles, and find it difficult to say who they are beyond those roles; it's an intriguing concept, running away to find yourself."
Joan Quasnitschka, reference librarian, Lucy Robbins Welles Library in Newington

"The Shadow of the Wind"
by Carlos Ruiz Zafon

Barcelona, 1945: A city slowly heals in the aftermath of the Spanish Civil War, and Daniel, an antiquarian book dealer's son who mourns the loss of his mother, finds solace in a mysterious book entitled 'The Shadow of the Wind' by Julián Carax. When he sets out to find the author's other works, he makes a shocking discovery: someone has been destroying every copy of every book Carax has written. In fact, Daniel may have the last of Carax's books in existence. Soon Daniel's seemingly innocent quest opens a door into one of Barcelona's darkest secrets – an epic story of murder, madness and doomed love. –from Amazon.com

"Crack the cover and let this book transport you back in time to 1945 in Barcelona, Spain. This book is a beautiful thrill ride full of mystery, intrigue and adventure.
Lindsay Riordan, reference librarian, Cora J. Belden Library in Rocky Hill

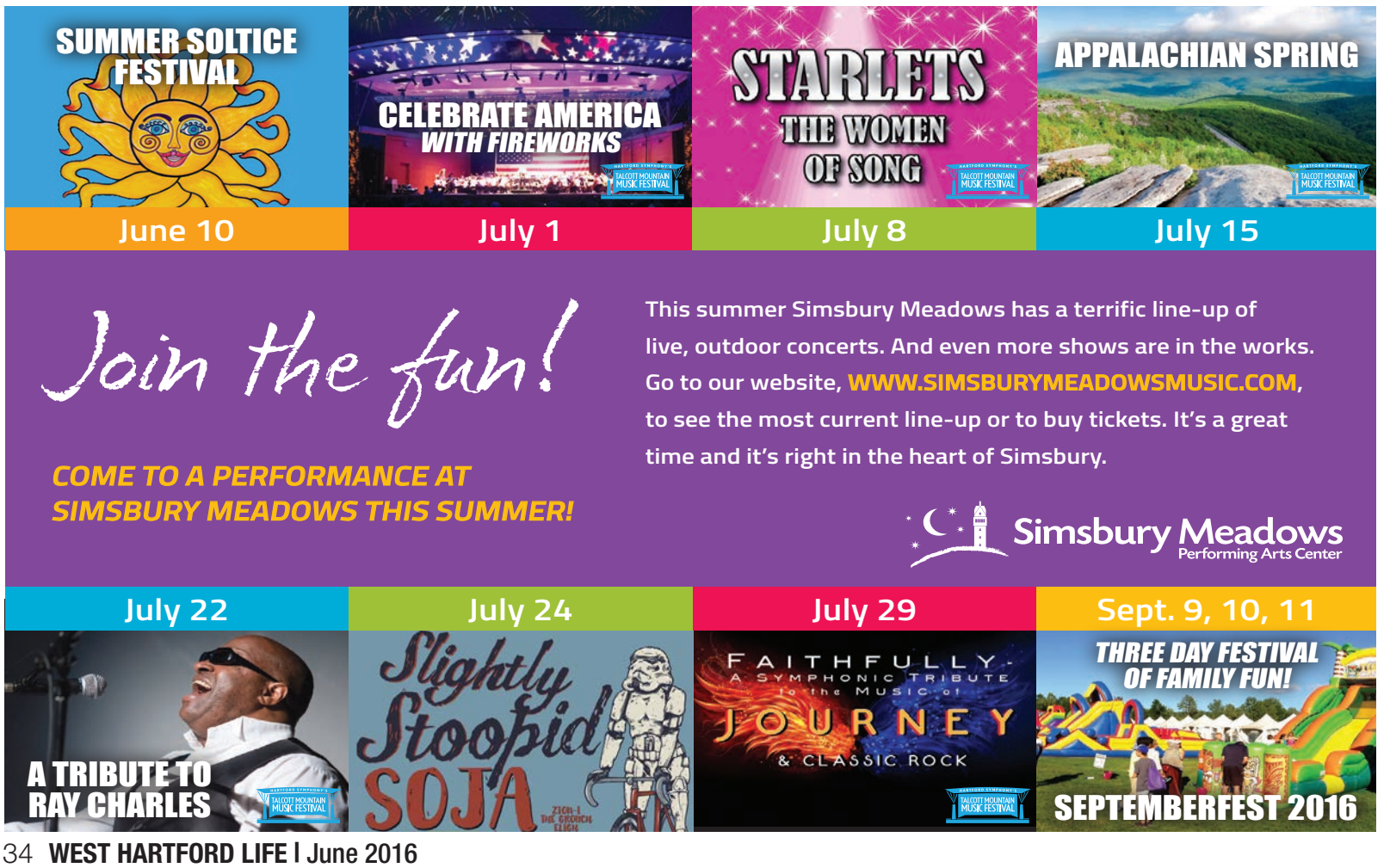
"The Measure of a Man: A Spiritual Autobiography"
by Sidney Poitier

In this memoir, an American icon looks back on his life and career. His body of work is arguably the most morally significant in cinematic history, and the power and influence of that work are indicative of the character of the man behind the many storied roles. Sidney Poitier explores these elements of character and personal values to take his own measure – as a man, as a husband and a father, and as an actor. –from Amazon.com

"[This book is] very different and very powerful nonfiction for the serious nonfiction reader."
Jay Johnston, executive director, Farmington Public Library

"The Boys in the Boat: Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics"
by Daniel James Brown

As we draw closer to the 2016 Rio Olympics, take a look back 80 years to Hitler's infamous 1936 Berlin Olympics. Daniel James Brown shares the tale of nine working-class boys from the University of Washington who, against the odds, managed to dominate rowing in an age when it was the sport of the elite. Through hard work and perseverance, they went from Great Depression farms, shipyards and logging communities to the storied regattas of the eastern universities, to beating the British rowing aristocracies of Oxford and Cambridge, and on to Berlin to row against Hitler's hand-chosen athletes. "The book is gripping, inspirational, and reminds us all that determination and teamwork can take us far."
Sarah McCusker, director, Canton Public Library


SUMMER SOLTICE FESTIVAL
June 10
CELEBRATE AMERICA WITH FIREWORKS
July 1
STARLETS THE WOMEN OF SONG
July 8
APPALACHIAN SPRING
July 15
Join the fun!
COME TO A PERFORMANCE AT SIMSBURY MEADOWS THIS SUMMER!
This summer Simsbury Meadows has a terrific line-up of live, outdoor concerts. And even more shows are in the works. Go to our website, WWW.SIMSBURYMEADOWSMUSIC.COM, to see the most current line-up or to buy tickets. It's a great time and it's right in the heart of Simsbury.
Simsbury Meadows Performing Arts Center
July 22
A TRIBUTE TO RAY CHARLES
July 24
Slightly Stoopid
SOJA
July 29
FAITHFULLY
A SYMPHONIC TRIBUTE to the MUSIC of
JOURNEY
& CLASSIC ROCK
Sept. 9, 10, 11
THREE DAY FESTIVAL OF FAMILY FUN!
SEPTEMBERFEST 2016

"Uprooted"
by Naomi Novik

In the midst of the strange, beautiful, corrupted, dangerous Wood is a village where willful, headstrong Agnieszka lives with her family. Their local wizard, called the Dragon, keeps her people safe, but requires a young woman to leave her family to become his servant once every 10 years. Against all expectations, Agnieszka is chosen rather than her beautiful, pleasant best friend Kasia. And perhaps there is a reason for that.

"This book is a literary dark fairy tale for grown-ups featuring a young woman with a strong, relatable voice, conflict and battle, and some romance. The magic in this book is intuitive, messy, 'rooted' magic, very unlike the studied, formal magic we're used to reading about. And, as a bonus, the audio book is fantastic. The reader has an Eastern European accent, but it's very understandable. If you're in doubt, absolutely go with the audiobook all the way."

Melissa Graham, information services librarian, Farmington Public Library

"Alone"
by Lisa Gardner

Massachusetts State trooper Bobby Dodge kills a man during a hostage situation. D.D. Warren, a Boston detective, is assigned to investigate the shooting and uncovers the many secrets of a privileged Boston family.

"I enjoyed reading this series because the books are set in Massachusetts and it is fun to read about areas that I have visited over the years. Lisa Gardner does a great job developing her characters, real and flawed.

Lisa Masten, library director, Lucy Robbins Welles Library in Newington

CHILDREN

"Cecil's Pride"
by Craig Hatkoff (ages 4 to 8)

Known as the King of Beasts, the lion has always been a symbol of strength and courage, but there was one real lion that earned the title of Lion King. He was known by name: Cecil. News of his tragic death spread across the globe, raising questions about our relationship to our animals and our planet. "Cecil's Pride" is a tale of resilience and responsibility – a triumph out of tragedy. Discover Cecil's struggle as a young lion to survive, his rise to power, and his extraordinary alliance with Jericho, his former archrival. The world knows the story of how Cecil died. This is the story of how he lived. – from amazon.com

"The Hatkoffs are known for beautiful photographs and fascinating real tales of animal relationships. Read the true story of a lion king."

Cheryl Donahue, head of children's services, Simsbury Public Library

"Crenshaw"
by Katherine Applegate (ages 8 to 12)

Jackson and his family have fallen on hard times. There's no more money for rent. And not much for food, either. His parents, little sister and their dog may have to live in their minivan. Again. Crenshaw is a cat. He's large, he's outspoken and he's imaginary. He has come back into Jackson's life to help him. But is an imaginary friend enough to save this family from losing everything? – from amazon.com

"A magical story for the Tween reader. Crenshaw is an important imaginary friend in the life of a very real character."

Carol Waxman, children's services librarian, Noah Webster Library in West Hartford

"Waylon! One Awesome Thing"
by Sara Pennypacker (ages 7 to 9)

Waylon, a boy with the mind of a scientific genius and the vulnerable heart of an 8-year-old, is trying to understand his older sister and deal with changes among the kids at school.

"If you enjoy reading the 'Clementine' series, here is another sure-fire winner for second- to fourth-graders from author Sara Pennypacker about Clementine's classmate, Waylon."

The children's librarians at Wethersfield Library

"The Family Fletcher Takes Rock Island"
by Dana Alison Levy (ages 9 to 12)

This book follows the Fletcher family, introduced in "The Misadventures of the Family Fletcher" as they head off for their annual summer visit to Rock Island. The four boys are devastated to learn that the island's lighthouse is closed and about to be torn down. They decide to work together to save it; in between swimming, kayaking and visits to the ice cream truck. In the process they find clues that the plan to demolish the lighthouse may not be so innocent.

"This is a laugh-out-loud book about a not-so-typical family on a typical family vacation."

Pat Pierce, head of children's services, Lucy Robbins Welles Library in Newington

"A Tale of Highly Unusual Magic"
by Lisa Papademetriou (ages 10 and up)

The two main characters, Kai and Leila, are experiencing summer adventures on opposite sides of the world; Kai is staying with her aunt in Texas, and Leila is visiting family in Lahore, Pakistan. A magical book finds them both, and a mysterious story from the past brings their connection alive.

"A great summer read for armchair travelers who like a dose of magic in their realistic fiction."

Sarah Kline Morgan, director of branch and children's services, Farmington libraries **WHL**

ideal nutrition of connecticut
WEIGHT LOSS CENTER
Begin Your Journey Today!
Please join Thomas I. Knox, MD, MBA for our FREE weekly workshop to learn about the Ideal Protein Weight Loss Method.
Every Monday at 6pm
(excluding Holidays)
Ideal Protein
INDEPENDENT AUTHORIZED CLINIC
345 North Main Street First Floor, West Hartford
idealnutritionofct.com
jknox.idealnutrition@gmail.com • 860-547-1489

Keep moving

Local poet keeps moving, keeps writing

by Alicia B. Smith
Staff Writer

Once June Mandelkern started writing poetry, she never stopped. Now in her 90s, she is still writing and enjoying every word of it. Mandelkern recently published her second book of poems.

Photo by Alicia B. Smith

There is not much that has slowed June Mandelkern down.

"I think the secret of getting older is to keep moving," she said. "Both the mind and body. There are always new areas to explore."

Recently Mandelkern, who is in her 90s, has been exploring the phenomena of aging, a topic she explores in her recent book of poems, "To the Far Country," that came out earlier this year.

"My subject matter is basically being a woman. It has been a woman's role, a wife, mother and caregiver of my husband for many years," she said. "Now [I'm] focused on being older and how to meet life's challenges in a joyous way because there is still so much to enjoy and be part of and love.

"There are so many good people to be involved with, so many issues in our society to be involved in," she added.

"Everyone, I think, who is older is always astonished to have gotten to this place. It can be a good place to be, it can be rewarding, there is so much to look forward to," Mandelkern said.

She grew up in New York City before settling in New Jersey with her husband, Robert, and their three sons. She moved to West Hartford in 2001 to be closer to one of her sons, who lives by the shore.

It was not until she moved to Connecticut that she began to write poetry.

"It comes to me. It seems to naturally come into my head, comes into my mind. I feel almost like a vessel for it to happen," she said of her poems.

"It comes from my life," she added. "I feel if you are not honest in poetry, why bother."

When a poem comes into her mind, she drops whatever she is doing and pays attention, regardless of the time of day. If it is the middle of the night, she will write down her thoughts then rather than wait until the morning.

After getting her thoughts on paper, Mandelkern will write out her poem on the computer, print it and share it with members of her poetry group, the Faxon Poets.

One day while visiting the Faxon Branch library in Elmwood, she saw a notice for this new poetry group that was forming. She became one of the founding members and is now the only original member to continue in the group, which was founded 14 years ago.

Mandelkern appreciates the group that meets once a month for its support and understanding.

"It's supportive, encouraging of the work. You learn tricks and techniques, but they are not really what you are interested in, it's more the supportive narrative of what is going into the work," she said.

"Even though we have different styles and certainly different lives, we focus on the work of each other. That is enormously gratifying and helpful."

For 10 years the Faxon Poets have published a chapbook of members' work, "Perspectives," and Mandelkern has helped to edit each new installment.

"We bounce ideas off each other, we make jokes about rhyming and not rhyming," she said. "On the whole, it's a warm and supportive group."

Marcia Lewis is the now retired director of the Faxon branch library and was instrumental in getting the poetry group started.

Lewis described Mandelkern as "strong and steadfast, a questioning presence. Clearly she lives her life

The Court of Saint James
A Senior Retirement Community
Accepting applications for 1 and 2 Bedroom Apartments
An elegant yet affordable retirement community offering many amenities and spacious 1-2 bedroom apartments. Conveniently located one half mile from Blue Back Square & West Hartford Center.
Call or email to schedule your tour
144 South Main Street, West Hartford, CT 06107
860.561.4610 courtofsaintjames@gmail.com

...Comfortable Living
There's no place like FEDERATION HOMES
ACCEPTING APPLICATIONS FOR OUR 1 AND 2 BEDROOMS WAIT LIST
156 WINTONBURY AVE., BLOOMFIELD
Affordable Independent Living for Older Adults 62+ and Individuals with Disabilities
Visit us at www.federationhomes.org
(860) 243-2535
Federation Homes, Inc. is sponsored by the Jewish Federation of Greater Hartford with funds provided by the Department of Housing and Urban Development.

The McGovern Granite Company
Since 1903
Monuments
Markers
Lettering
For Those We Honor on Memorial Day
860-956-1960
432 Fairfield Avenue, Hartford (across from Cedar Hill Cemetery)
www.mcgoverngranite.com

LIVING Your Best LIFE

completely, recognizing the challenges and meeting them head on.

"And those of us who've been with her in the group for the past 14 years realize there have been many personal issues and losses that she's shared and somehow transformed through the creative process," she added.

"Her poetry is, of course, much like June," Lewis said. "I think of many of the poems in her new collection 'To the Far Country' and recognize how she faces the unknown territory of aging with a sense of clarity and courage and sets an example for us all.

"I've always been grateful for June's commitment and participation to the group. She always brings a solid, supportive, encouraging presence," Lewis said.

"When dealing with critiques, and there are usually many, she's inclined not only to listen, but to carefully consider positive alternatives, and always coming through with confidence in her own strong and independent creative spirit."

Words are important to Mandelkern.

"When you put them together and have something that is musical and expresses your inner feelings, it's wonderful," she said of writing poetry. "It's a wonderful thing to do, very gratifying. It's something anyone can do and many people do."

Mandelkern published her first book of poetry, "Reflections," in 2009.

She divided her work into different categories such as trees, family, aging, places, creativity and herself.

"I enjoyed doing this very much," she said of her first collection. "It's wonderful to have them in concrete form."

Her new collection is a personal look at issues in her life, including the death of her daughter in law, who was in her 40s, and the loss of her husband of 60 years.

Robert Mandelkern was diagnosed with Parkinson's disease shortly after the couple moved to Connecticut. The couple soon became active supporters of stem cell research and helped to pass a stem cell research bill in this state and served on an advisory committee that allotted funding for stem cell research.

"We were a team effort," she said.

She was also active in the American Parkinson Disease commission and served on its board for 10 years.

"I strongly encourage anyone who is diagnosed to join with groups," she said. "It does help to live with it and deal with it and make the most of it."

Mandelkern credits poetry and the support of fellow members at Congregation Beth Israel with helping to get her through her husband's long illness.

She said poetry helped "To express the feelings of sadness and at the same time hope for the future," adding "Any art form is helpful in that regard. Where I will go from her I don't know. A period has ended in my life."

Mandelkern is no stranger to adjusting to whatever life brings her.

She earned a master's degree from Montclair State University in geoscience at the age of 72, long after having earned a bachelor's degree in English literature.

"I loved going to school, being with young people," she said.

"The concepts of the earth as a living, moving place is part of my philosophy of growing older and always being open to new experiences," she added.

The cover of her latest book is a photograph of seagulls soaring in the air taken by a family friend's daughter. One of the photos in the interior of her book is that of Thingvellier National Park in Iceland, where the European and North American continental plates meet far below the earth's surface. Mandelkern visited the park in 2004.

"It's very symbolic to me of movement, the restless nature of the earth, and we have to be a part of it and always ready to keep moving," she said. **WHL**

June Mandelkern's recent book of poems, "To the Far Country," is available on amazon.com.

Summer Stay
at SummerWood

Summer Stay Option! Experience the SummerWood lifestyle at our award-winning senior living community. Enjoy fine kosher dining and a wealth of other amenities including swimming at the JCC indoor and outdoor pools! Choose your own fully furnished apartment. *Contact Valerie today to learn more at 860-523-3808 or vbartos@hoffmansummerwood.org… this opportunity won't last!*

Hoffman SummerWood Community
A Member of the Hebrew HealthCare Family
160 Simsbury Road, West Hartford www.hoffmansummerwood.org

We're Opening our Doors to Give You a Taste of The McAuley

Open House • Wednesday, June 22, 2016
2:00 p.m. – 4:00 p.m.

Join us Wednesday, June 22 from 2:00 p.m. until 4:00 p.m. to get a sampling of how delicious life can be at The McAuley. Enjoy *hors d'oeuvres*, discover our extraordinary Life Plan Community, and see our new models! We look forward to showing you our beautiful 32-acre campus located in the heart of West Hartford. ***R.S.V.P.* at TheMcAuley.org/JuneOpenHouse or call 860.920.6319 by June 16.**

The McAuley
PART OF THE MERCY COMMUNITY
275 Steele Road, West Hartford
www.TheMercyCommunity.org
860-570-8400

Founded by the Sisters of Mercy
EQUAL HOUSING LENDER

Getting away

European river cruises, Italy, Ireland and Florida remain popular destinations

by Lynn Woike
Editor

"Today's seniors are traveling more than ever before. Being retired, they have the time and tend to plan longer trips, too. Today's seniors are also much more adventurous and active than their parents were," Martha Kirsche at Wethersfield Travel said.

Recent senior groups have traveled to France, Italy, Scotland, Costa Rica and the Canadian Rockies.

Regardless of the destination, she said, "Escorted tours are also a very popular option for seniors because all the details of the day are already taken care of for you."

There are many choices.

"When choosing an escorted tour it is important to select the itinerary you want, the pace of travel you desire – how many nights in each destination – and the level of activity," Kirsche said.

"Some older adults would prefer a quiet bird walk through the rain forest in Costa Rica, where others really want to zip line through the trees."

Suzanne Aresco, travel manager at AAA, also finds guided vacations to be the most popular type of vacation for older people. There are trips that do not change hotels every night, that have later start times for tours and building in some free time, yet getting to all the must-see sites.

"More of a relaxed pace is something I'm certainly seeing for senior citizens," she said.

She added there are trips to many destinations that accommodate travelers wishing to go at a slower pace. Aresco said most people have a sense of what country they want to visit and know what they want to see. Italy remains an extremely popular destination for seniors.

"The other type of travel that is extremely popular, especially with seniors, are European river cruises, with some of the most popular

Does your loved one need home services?

Working with Seniors since 1997 providing Homemaker & Companion services. Give our office a call and let our family take care of yours!

17 Rose Avenue, West Hartford
860.953.1242
Office Hours: Mon.-Fri. 8:30-4:30
HCA #146 Dept. of Consumer Protection
www.familyhomeservicesllc.com

FAMILY HOME SERVICES, LLC
Homemaker & Companion Services for the Elderly

LIVING Your Best LIFE

"Extremely popular, especially with seniors, are European river cruises."

– Suzanne Aresco, AAA travel manager

rivers being the Rhine and the Danube. This is a great way to travel right through the heart of Central Europe," she said.

The boat typically holds only 150 people. You only unpack once and trips tend to be all inclusive.

"The boat is a floating hotel," she said.

While most river cruise boats can accommodate special needs, large cruise ships are well equipped to meet any mobility challenges and travel obstacles. They have handicap accessible staterooms and health care professionals onboard.

"When we have someone in a situation like that, we can work with an escorted tour partner to make accommodations," Aresco said.

Ireland is a popular destination.

"Ireland is an incredibly easy destination. It's easy to get around, there's not a language barrier, they're very friendly to the U.S. visitor," she said.

Those looking to travel there will be able to fly nonstop daily from Bradley to Dublin on Aer Lingus beginning in September.

Sharyn Holmes, senior center coordinator for the town of Farmington, said that health, finances and whether or not someone has a spouse with whom to travel typically impact choices made by those in their 70s and 80s.

"Travel gets more difficult as they age," she said.

Older adults may have limitations, in which case, "they do need someone watching out for them when a special need arises, someone they can lean on if something comes up," Holmes said.

"We do more day trips because they have more difficulty traveling far," she said. "A lot of seniors don't like to fly anymore."

Be they for a day or two weeks, she finds structured tours are the most popular.

Having a partner also makes a huge difference, Holmes said, not only for companionship, but when it comes to accommodations – the single rate is $100 or more than the double-occupancy per person cost.

When she plans trips, she typically chooses those that use only one or two hotels for a 10-day period.

"They don't like bouncing from hotel to hotel," she said of older travelers.

For that reason, she also sees seniors taking advantage of European river cruises. Italy and Ireland remain popular destinations, Holmes added.

She also knows of many seniors who travel to Florida for the winter months.

"There is something for everyone and the important part of planning a trip for seniors is to match them with the trip that is right for them," Kirsche said.

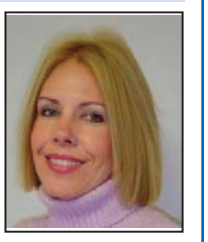
Funerals – Celebrating a Life

Research confirms that a meaningful funeral is an important part of the grieving and healing process. What, then, is meant by a "meaningful" funeral? As we have helped families over the past several years, it's become clear that there are three key ingredients, all related to the idea of celebrating a life as part of the grieving process.

Randy Molloy, Funeral Director

First, and perhaps most important, family members need to understand that they have choices and options that might not have occurred to them without guidance. In years past, funeral and memorial services followed traditional forms, usually centering on the person's religious tradition and customs. Today there are as many different ways to celebrate a life as there are individuals. Families have the freedom to choose how to arrange a service to their own needs.

Second, the idea of celebrating a life leads to many creative ways to organize services and tributes. Focusing on the loved one's interests, hobbies, career and passions can lead to a more relaxed and healing atmosphere. Memorial displays, videos, mementos and even the seating arrangement, can foster interaction and sharing among those wishing to pay their respects. Even humor has found its way into today's funeral service as families remember the good times and special moments in their shared experience.



Shauna Molloy, Funeral Director

Third, funeral directors not only have the family's needs in mind, but they have both the experience and the training to help families create a meaningful service. From training in the grieving process to "celebrant" training, funeral directors will work hard to develop, organize and facilitate a service that best meets the needs and resources of the family.

These options and freedoms expressed in today's funeral service can help families manage their grief and move toward healthful healing for themselves, their friends and loved ones.

Randy Molloy and Shauna Molloy are funeral directors with the Molloy Funeral Home.

MOLLOY FUNERAL HOME

Randy or Shauna would welcome your questions. They can be reached by phone at (860) 232-1322 or by email at info@molloyfuneralhome.com
906 Farmington Avenue, West Hartford

NFDA Pursuit of Excellence
Pursuit of Excellence
National Funeral Directors Association

LIVING Your Best LIFE

Friendship Tours Vice President Amy Schoen noted that motor coach trips are popular with people of a certain age who don't want to drive. An added benefit is that someone else has already worked out the details, purchased tickets, selected a restaurant, etc.

The company offers day trips throughout New England, New York and New Jersey, with overnight stays of one to eight nights in such places as Myrtle Beach, S.C., and Washington, D.C.

"The reason we're called [Friendship Travel] is because we believe that friendships are formed through travel," Schoen said.

No matter the destination, Aresco strongly urges people to work with a professional travel advisor who has knowledge of destinations and travel options.

"Don't try to do it yourself. We don't charge for our services and we're going to be there through the entire process to help guide you and advise you," she said.

While a AAA membership is not required to take advantage of the agency's travel assistance, members do get special benefits. **WHL**

Caring for loved ones. *Family style.*

- 170 bed Skilled Nursing Facility for Short-term Rehabilitation and Long-term care.
- Fully-staffed Active Rehab Program for Physical, Occupational and Speech Therapy
- Professional team available 7 days a week for admission, discharge, recreation and financial needs.
- Convenient to all local hospitals

Please call to arrange to visit our beautiful facility.

Hughes Health & Rehabilitation
29 Highland St., West Hartford
860-236-5623

Family owned and operated since 1961

Coming soon:

A single community
for a continuum of care

Our new state-of-the-art Assisted Living and Alzheimer's & Dementia Care apartments open in August.

Call us today at (860) 561-1669 for more information.

BROOKDALE
SENIOR LIVING SOLUTIONS

Bringing **New Life** to Senior Living™

Brookdale Chatfield | Independent Living
One Chatfield Drive | West Hartford, CT 06110
Facility No. 18020

brookdale.com

00827-P1-0516-ROP KS

©2016 Brookdale Senior Living, Inc. All rights reserved.
BROOKDALE SENIOR LIVING and BRINGING NEW LIFE TO SENIOR LIVING are the registered trademarks of Brookdale Senior Living, Inc.

READ
LIFE
ONLINE AT
www.TurleyCT.com

TurleyCT
COMMUNITY PUBLICATIONS

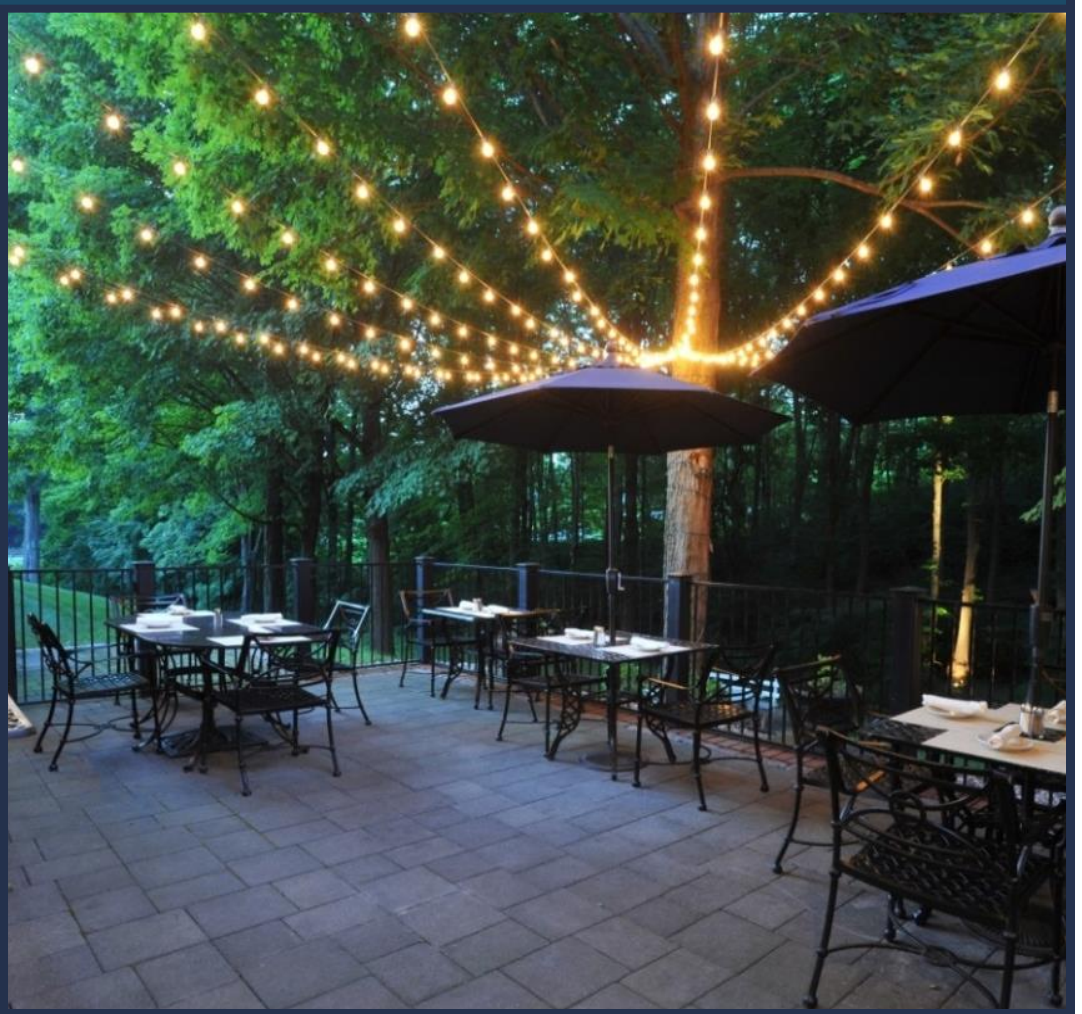
Seasons Restaurant

Outdoor Dining with Style

Sunset Dinner • Happy Hour
Seasonal Specials
Tap Room • Sunday Brunch

BEST OF Hartford MAGAZINE 2016 1ST RUNNER UP

Voted 1st Runner Up for Best Hotel Dining and Best Hotel by *Hartford Magazine*



Seasons Restaurant at Avon Old Farms Hotel
279 Avon Mountain Road • Avon • Reservations: 860.269.0240
SeasonsRestaurantAvon.com • Facebook.com/AOFHRestaurant

Evergreens Restaurant

Panoramic Outdoor Dining

Elegant Dinners • Twigs Lounge
Sunday Brunch • Weddings • Showers

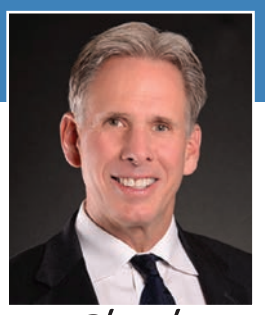
2016 Winner Best Brunch by *Best of the Valley Press*

Voted Winner for Best Inn / Bed & Breakfast *and* 2nd Runner Up Best Hotel Dining by *Hartford Magazine*

WINNER BEST OF Hartford MAGAZINE 2016

Evergreens Restaurant at The Simsbury Inn
397 Hopmeadow St. • Simsbury, CT 06070
860.651.5700 • SimsburyInn.com • Facebook.com/SimsburyInn

Real Estate



WILLIAM RAVEIS
REAL ESTATE • MORTGAGE • INSURANCE
The Largest Family-Owned Real Estate Company in the Northeast

Simsbury - 2001 Post & Beam Barn on 3.47 acre meadow is surrounded by nature preserve & organic farm. Custom-designed by architect/owner, the 5000 sf includes a guest/in-law wing and fin walkout game room. With a contemporary flair, the granite kitchen, master suite, and 30' dining atrium are sure to delight! **$799,999**

Avon - Classic Traditional 5000 sf home built in 2002 by Bill Cole on 1.44 acres features T-stairs, marble master bath, and finished w/o LL with media center, 5th bedroom, full bath, & wet bar. One of the better yards in Avon with room for pool, tennis, & play! **$795,000**

Charlie Hartigan
860-202-1754
charles.hartigan @raveis.com

Results … Pure and Simple.

WILLIAM RAVEIS
REAL ESTATE & HOME SERVICES
New England's Largest Family-Owned Real Estate Company

Great views! Ranch w/open floor plan, cathedral ceilings, skylights, 2 FPs. Remodeled kitchen w/granite & stainless steel appliances w/eating area & sliders to wrap around deck overlooking great yard. 4 Br, 2.1 Baths on main level. Lower level w/rec room, bedroom & bath. Private yard and right near the access to reservoir and bike trails. MLS# G10134298 **$489,000**

Suzanne Walsh
Cell: 860-306-1927 | SuzanneWalsh.raveis.com
Suzanne.Walsh@raveis.com | 125 LaSalle Road | West Hartford | CT 06107

The
Susan Brine Team
Of William Raveis
Real Estate

susan.brine@raveis.com

When You Buy Or Sell With
The Susan Brine Team You Will Get:
Full Coverage • A team working for you

Call Or Email Us Now
And We Will Start Working For You –
860.930.7707

Allison Sharlow
allison.sharlow@raveis.com

Kate Wells
kate.wells@raveis.com

RG
ROBINGEBRIAN
LICENSED REAL ESTATE PROFESSIONAL

C 860.985.7807 | O 860.521.4311
ROBINGEBRIAN.RAVEIS.COM | ROBIN.GEBRIAN@RAVEIS.COM
125 LASALLE ROAD | W HARTFORD | CT 06107

27 Coachman's Run
Avon • $699,900

Enjoy your summer in the pool!!! Just reduced! Great opportunity to be the next owner of this amazing house with more bells and whistles than you can count, including a gorgeous inground gunite pool with built-in hot tub and waterfall! Situated at the end of the cul de sac in the heart of Avon. Convenient to schools, shopping and restaurants.

raveis.com
"The best website in real estate"
125 LaSalle Road, West Hartford • 860.521.4311

This impromptu gathering took play on a Monday night in May at the McNamara's house.

A Pie-eating contest is one of the block party activities.

Courtesy photos

Block party

Mountain View Drive has a reputation for being a gathering place

by Lynn Woike
Editor

Just like there are colleges known to be party schools – University of Georgia, Providence College, Miami University – and towns known to be party places – New Orleans, Key West, Las Vegas – there are some neighborhoods that get that designation – West Hollywood in Los Angeles, Chicago's Lincoln Park.

Locally, Mountain View Drive is such a neighborhood.

June 4 from 3-10 p.m. will be its 16th annual block party featuring bounce houses and children's games along with burgers, beer and other foods. There had been live bands in the past, but Steven Szafman said now there is a DJ.

Rain or shine, the street will be closed between Harvest and Blue Ridge lanes. Residents from other streets join in. The fire department will bring its trucks.

"We have cups made up each year for the block party," Szafman said, adding every year 200 are ordered and every year they run out.

Attendees pay $10 per person and bring an appetizer, side dish or dessert, and chairs.

"It's like a family picnic. Everyone makes something," Jeannette Punsoni Dardenne said, adding, "People are known for their specialties."

Szafman said that before he moved in 25 years ago, "there were people doing block parties here. For one reason or another, they stopped. Several years after we moved in, a group of us decided to start doing block parties again."

About the same time, neighbors also began gathering on Friday nights from May through October – if the weather cooperates, Szafman said.

"It started off with a bowl of peanuts and some chips and it's grown."

Most often, the happy hours are casual, with the host setting up some tables, putting out a cooler of ice, ordering pizza and providing a few basics. Neighbors bring beer, wine and hors d'oeuvre.

There has also been the rare catered affair with white linen, catered food and a band, Dardenne noted.

"We started doing this as a way of keeping people in the neighborhood on Friday night, and it was always a child-inclusive activity," Szafman said. "This way we could keep the kids in the neighborhood and just involve ourselves in catching up on the week gone by. It's a fun activity. It's brought us a lot closer together, that's for sure."

Each spring, a laminated sign-up sheet is posted on a tree.

At one time, the host would place a small figurine at the end of the driveway to signal the gathering spot. But years ago, the clay gnome fell off his pole and broke, and the pieces of a doll have long since disappeared. Although the Santa figure is somewhere, checking the neighborhood's closed Facebook group – Mountain View Drive Happy Hour – will indicate where happy hour is occurring.

"People strolling neighborhood ... get invited to join us.

We're a very friendly group," Szafman said.

Attendance can range from a dozen to 50.

"Sometimes it's not even planned," said Ilicia Winokur who moved to the street with her husband and three children six years ago. Sometimes a couple of neighbors will be talking, and a few more stop by, and before you know it, it's a party.

Reupholstery • Slipcovers • Fabric • Furniture • Custom Window Treatments • Wallpaper • Flooring

SPRING SALE

REUPHOLSTER a SOFA or 2 CHAIRS for $529*

*Plus the cost of our fabric

10% OFF ALL FABRICS
*Previous orders do not apply. Must present coupon at time of order.

Old Lyme 860-434-4242 | Hartford 860-244-3475 | Toll Free 877-688-3475

Family owned & operated showroom & workroom since 1929
EHRLICH DECORATING & UPHOLSTERY LLC
*Previous orders do not apply. Only applies with purchase of our fabric.
Showroom & Workroom 3324 Main Street, Hartford, CT
www.ehrlichdecorating.com
Not Affiliated With Ehrlich Interiors in Farmington

For your active lifestyle

ROUTINE AND URGENT ORTHOPEDIC CARE

John J. Mara, MD | Robert W. McAllister, MD | Randall J. Risinger, MD | Kevin A. Belanger, PA-C

Christopher J. Berube, PA-C | Wayne M. Perosky, PA-C | Elyssa L. Roberts, PA-C | David C. Woodworth, PA-C

- General Orthopedics and Surgery
- Sports Medicine – Youth to Adult
- Hip and Knee Replacement
- Hand and Upper Extremity
- Shoulder Care and Surgery
- Reverse Shoulder Replacement
- Arthroscopic Surgery
- Adult Fracture Care

At Hartford Orthopedic Surgeons, our medical staff is dedicated to delivering superior orthopedic care at each of our three locations. If you have an urgent orthopedic need, visit our **Walk-in Center in Manchester**. Whether it's an accident, a sports injury that's flaring up, or acute joint pain that takes you by surprise, come to Ortho Speed Pass and receive expert orthopedic care without the wait.

HARTFORD ORTHOPEDIC SURGEONS PC
htfdorthosurg.com

ORTHO SPEEDPASS
Walk-In Urgent Orthopedic Care
NO APPOINTMENT NEEDED

HARTFORD 1000 Asylum Ave., Suite 2108 860.525.4469
AVON 35 Nod Rd., Suite 105 860.525.4469
MANCHESTER 515 W. Middle Tpke., Suite 110 860.432.4640 Open Mon-Fri 8am-8pm Sat 9am-4pm

READ LIFE ONLINE AT www.TurleyCT.com

Neighborhood children hold up some of the cups that have been issued each year for the annual block party.

Although Winokur thought her previous neighborhood was social, she said it was nowhere near as wonderful as Mountain View Drive.

In addition to the block party and happy hours, there are other events.

"Halloween is insane on our street. … It's almost out of control. We're known for giving out large candy bars," Dardenne said.

Szafman said vans full of children from other areas are dropped off on the street, and that he regularly hands out more than 100 pieces of candy,

The Winokurs host a pre-trick-or-treat pizza kickoff party as they count down to the 6 p.m. start time. Another neighbor has an elaborate haunted lawn, with people dressed up with costumes and make-up. It's common for some neighbors to sit out on their front lawns with candy for the children and adult beverages for the parents, Winokur said.

For Easter there is an egg hunt. A Labor Day party on nearby Pioneer Drive usually starts with a kids race.

"I was pregnant with my first child. I'd always wanted to live on Mountain View Drive. I'd heard wonderful things about it and so being a first-time mom, I was intrigued to live on a street that had such a community feeling," Dardenne said.

"There were no houses for sale and so I started asking around. … It just so happened that one of my friends mentioned that her next-door neighbor's husband has passed away. So I knocked on her door and told her that I was in love with this street and … I'd also heard that she'd been thinking of selling. … She let me in to see the house. Aside from the fact it needed an enormous amount of work, I fell in love with it," Dardenne said of the 3,000-square-foot brick Colonial built in 1936.

Just before the house was to go on the market, she and her husband offered the woman $25,000 more than her asking price if she would sell to them immediately without holding an open house. Dardenne also included "a story about why it was so important for us to live on this street."

"… I just knew I wanted to raise a family on a street that reminded me of the street that I grew up on."

–Jeannette Punsoni Dardenne

The woman agreed; otherwise, Dardenne said, "There would have been a bidding war."

Happy about her new neighborhood, she said, "It's just a wonderful community where it felt like a family. … I just knew I wanted to raise a family on a street that reminded me of the street that I grew up on."

One of those streets was also called Mountain View Drive – in Pleasant Valley, New York.

"It's fate," Dardenne said.

For Szafman and his new bride, it was referrals.

"There were probably four families that worked at the same company my wife worked at," he said. "She got a lot of feedback from people about this being a wonderful neighborhood. Plus, it's just a block way from Bugbee School and that was a very big plus for us as well.

"We had just gotten married and were planning our future and thought this would be an ideal place to do that. It's been everything we could want it to be, it really has," he said of raising their two children on Mountain View.

What Darnenne likes most is being able to let her two children "run around everywhere."

"I remember that when I was young, we'd run in the streets and play outside. I feel like today, that doesn't happen as much," she said.

Winokur agreed, saying, "What I love most is I can just open my front door and my kids can always just go outside and play. There are always kids playing out front."

Children often play out of sight in backyards, but on Mountain View, they gravitate to their front yards.

"There are backyard cultures and front-yard cultures, and our street is a front-yard street," where there is a lot of basketball, hula hooping, tree climbing and games of Manhunt.

"They play together. They walk to school together. They're in class together. It's very much a community."

Winokur said, "All the kids entertain each other. We did a lot more [structured] activities before we moved here. I intentionally schedule less."

Families have added on when they needed more space rather than move to a larger house outside the neighborhood, Dardenne said.

"Every house in the neighborhood has been added on to," Szafman said.

Traveling the street reveals second garages added on to homes and rooms built above them.

"I think people move here and they want to stay," Dardenne said.

She spoke of one neighbor who was lucky enough to move just two houses away, and noted that children who grew up in the neighborhood have come back to raise their children here.

Szafman said the owners who sold the house he purchased moved only three blocks away.

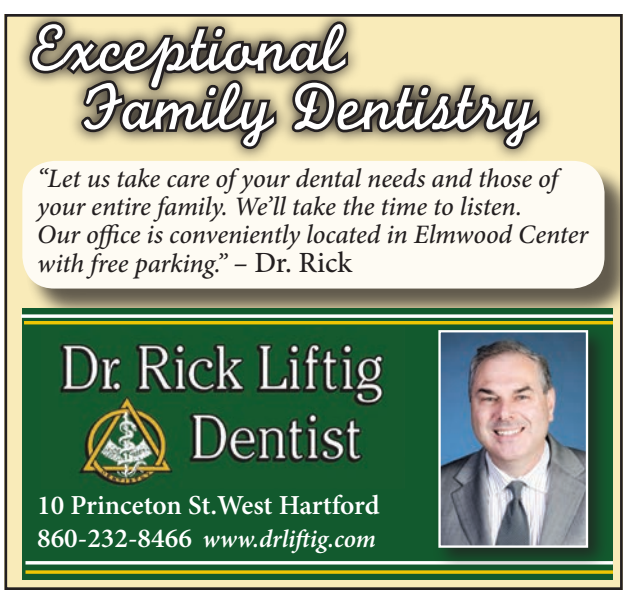
There are 33 homes on Mountain View, nearly all Colonials. Residents from other area streets including Asylum Avenue, Harvest Lane, Brenway Drive and Pioneer Drive are also welcomed.

"We're pretty inclusive," Szafman said.

A closed Facebook group keeps is 137 members connected. New members are vetted. People post questions, requests for referrals, missing cat notices, lemonade stand announcements, bear sighting and appeals to borrow items.

"It's really helpful," Szafman said.

"We look out for each other. If someone needs something done, there's usually someone around to help. … If someone goes away, neighbors look after their home. It's just a very cooperative group. Many have contributed to the atmosphere, the mindset. Fortunately, we just have a lot good people in our neighborhood. It's always sad when someone moves out of the neighborhood, but then someone new moves in and it's always exciting." WHL


Exceptional Family Dentistry
"Let us take care of your dental needs and those of your entire family. We'll take the time to listen. Our office is conveniently located in Elmwood Center with free parking." – Dr. Rick
Dr. Rick Liftig
Dentist
10 Princeton St. West Hartford
860-232-8466 www.drliftig.com

Lord Edwards Grooming Room
Where your pets are treated like royalty!
All breeds & cats professionally groomed
Grooming 10% off
New customers only. Some restrictions
191 Day St. Newington / W.H. Line • 860-953-1555
Only 1 mile south of New Park Ave.
(near Cashway Lumber, 1 block south of W. Hartford) Safe, ample parking

Hassle Free Living
There's no place like
FEDERATION HOMES
ACCEPTING APPLICATIONS FOR OUR 1 AND 2 BEDROOMS WAIT LIST
156 WINTONBURY AVE., BLOOMFIELD
Affordable Independent Living for Older Adults 62+ and Individuals with Disabilities
Visit us at www.federationhomes.org
(860) 243-2535
Federation Homes, Inc. is sponsored by the Jewish Federation of Greater Hartford with funds provided by the Department of Housing and Urban Development.

Top: Deb Grehn, Roger Brown and Jane Philion are still active in the Toastmasters group they helped form 20 years ago. **Bottom:** Jerry Bloom introduces the word for the evening: nebulous.

20 years of Toastmasters

Local club marks two decades of better speaking, confidence building and leadership training

by Lynn Woike
Editor

From the call to order to the closing 90 minutes later, members of the West Hartford Toastmasters Club 3525 are polite, professional, supportive and orderly. There is much clapping from around the u-shaped table, many handshakes, and near the close, evaluations, awards and announcements.

The club has met for 20 years. Three individuals who helped form it are still active, helping newer members benefit from the same personal growth they experienced. All three have be awarded Distinguished Toastmaster, the organization's highest award, recognizing a superior level of achievement in both communication and leadership.

"We provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth," said Roger Brown, who is serving his second term as club president.

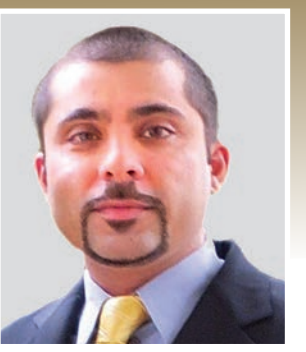
At a recent meeting in the multi-purpose room at Hebrew Health Care, there were guests, new members who have attended only a few meetings, a few one-year members and others who had been coming for three years, or more.

"I needed help with speaking. I'm a very nervous person when I get in front of people, but everyone here makes you feel comfortable," said Jim Feltz of Southington who had been coming since February.

Members take turns filling the many roles needed to conduct

New Farmington Office
399 Farmington Ave.
LOWER LEVEL
203-598-7246

Bhavesh R. Patel, MD
Named "TOP DOC"
2009 - 2016
by Connecticut Magazine
Board Certified in Physical Medicine and Pain Medicine


Asif Jillani, MD
Board Certified in Physical Medicine and Pain Medicine

Todd P. Beery, DO
Board Certified in Physical Medicine and Pain Medicine

Interventional Spine & Sports Medicine, PC
Phone: 203-598-PAIN (7246)
www.ctspinedoc.com

Accepting New Patients!!!

Non-Operative
Spine & Sports Medicine
Spinal Injection Therapy
Electrodiagnostic Testing
Ultrasound Guided Joint Injections
Platelet Rich Plasma "PRP" Injection Therapy
BOTOX Injections for Migraine Headaches

Now Open: 399 Farmington Avenue, Lower Level, Farmington, CT 06032
Turnpike Office Park,1579 Straits Turnpike, Lower Level, Middlebury
Pond Place Medical Center, 166 Waterbury Road, Suite 204, Prospect

"With my experiences in Toastmasters, I have gained enough confidence to play a role in a community play, introduce guest speakers from around the world and star in a video."

– Jane Philion

a meeting, including Toastmaster of the day, word master, ah counter and grammarian, timer, general evaluator, quizmaster and humor master while other members give speeches and discuss table topics. At each meeting, awards are given to the best presenters and the best evaluator.

Brown took an eight-week, after-hours Toastmasters course while working at Combustion Engineering because, he said, there were no opportunities while earning his bachelor's or master's degrees in electrical engineering to learn "public speaking – or more specifically, how to give a decent technical sales presentation."

When he took a position at the Hartford Graduate Center in 1982, he had the opportunity to charter a new club that met for 30 years. He became involved in local and district leadership, serving as governor for clubs in Connecticut, Western Massachusetts and Eastern New York when the West Hartford club was chartered in 1996.

He said he's found Toastmasters to be a laboratory for testing new ideas.

"We have always had an active club with 12 to 20-plus members attending a club meeting and we have had 20-35 members on the roster. Today we have 30," Brown said.

Seventeen are from West Hartford, with others from towns that include Avon, Bloomfield, Granby, Hartford, Newington and Windsor.

Jane Philion filed the application to organize the club. She also chartered several other clubs that year and since.

She was invited to her first Toastmasters meeting while working at Aetna. She said she "thought it was a good learning tool for public speaking, training and leaderships skills," which is why she stayed involved, earned numerous awards and held leadership positions for Greater Hartford.

"With my experiences in Toastmasters, I have gained enough confidence to play a role in a community play, introduce guest speakers from around the world and star in a video," Philion said.

She travels around the country to assist hospitals configure, implement and train staff on electronic health records. She also teaches those skills at Capital Community College.

"Every time someone would comment that I was poised and confident when I was speaking, I would remind them that Toastmasters was a great place to learn and practice. I used the evaluation portions of the meeting to improve my classroom presentations and knew that my fellow Toastmasters would give me clear, honest and practical advice on how to present material."

In 2002, when Philion was president of the club, West Hartford Toastmasters was recognized as a President's Distinguished Club – the highest honor from Toastmasters International.

She said she's always learning and practicing while "giving back ... and helping other people learn those skills."

Her love story with the club includes the fact that it was through the non-profit organization that she met and later married Brown.

Deb Grehn was one of the sponsors when the club formed.

"I had always loved giving speeches in high school and college," she said. While in graduate school, she joined a club in Arizona and later in Wisconsin. After a long break, she said, "I decided I needed to brush up on communication skills in order to return to the workforce. After many false starts – deciding not to go at all, getting in my car but not going anywhere, driving to the location but not going in – I joined the Charter Oak Toastmasters in Glastonbury." She's still a member there.

In her second year, she was asked to become secretary and "got hooked on leadership and never looked back." She became club president the next year, then moved on to area and division governor.

"One of the requirement to be a successful division governor was to help form new clubs. Seeing as there was no club in my now-hometown of West Hartford, and with other West Hartford residents like Jane Philion wanting a club here, I signed on to help."

The major lesson Grehn said she has taken away from Toastmasters is that "leaders are made, not born."

Helping to start the club was a leadership activity.

"I had always thought that leadership was a talent that only certain people were born with – and I was not one of them," she said. "Success in Toastmasters taught me differently."

She gained enough confidence to take roles within Toastmasters, to join boards of directors in her community and to take leaderships roles there as well.

"Don't be afraid of public speaking," Grehn urges. "I know that most people would rather die than give a speech, according to polls and surveys, but it doesn't have to be a traumatic experience. Toastmasters International guides you step-by-step, starting small – the 'Ice Breaker' to introduce yourself – and working up to 'Inspiring Your Audience.' And we don't bite," she said.

Philion said, "Find a meeting near you and go as a guest. No cost, no obligation. Just sit and watch, see how we conduct our meetings, witness the different skill levels, participate if you choose.

Every club has a slightly different personality or atmosphere, she said of why it's important to "go to a few clubs and pick the one that best meets your needs." **WHL**

This club meets the first and third Tuesdays each month. For information, call 860-561-5232.

POST ROAD TOURS
2016 Bus Tours
Get Your Seat Today and Leave the Driving to Us!!
Red Sox at Fenway Park
Saturday June 18 - vs. Seattle Mariners
Get Your Seat Today!
Bronx Zoo
June 18 - $75 Adults, $73 Seniors, $71 Child
Boston Trolley Tour
June 25 - Enjoy the New England Charm in Boston
Washington, DC 3 Days
July 8 - 10 - Join Us to our Nations Capitol
Nashville, TN & More
October 15 - 21 - Don't Miss This!!
Get More Info At postroadstages.com
860-644-3484
1105 Strong Rd. South Windsor, CT 06074

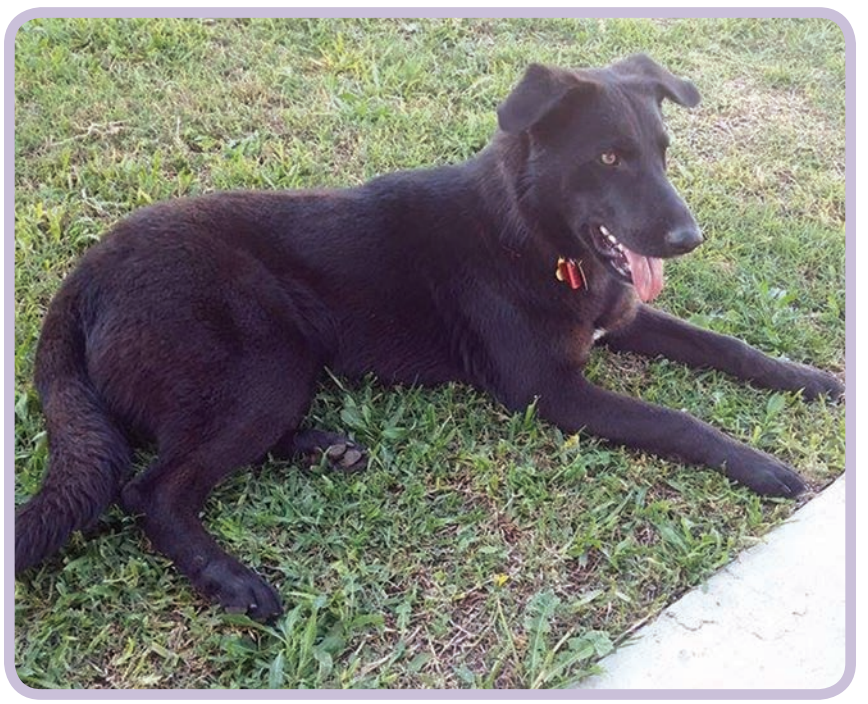
READ
LIFE
ONLINE AT
www.TurleyCT.com
TurleyCT
COMMUNITY PUBLICATIONS

a new leash on LIFE

Minou

Animal Friends of Connecticut was called in January to rescue this declawed kitty found with a broken tail that required amputation. Minou is now healthy and ready for adoption. She is a sweet and loving feline who would make a wonderful companion to a loving and safe home.

If interested call AFOC at 860-827-0381. For more information, visit online at www.afocinc.org. For more pictures, visit Cats Limited on Facebook. Contact an adoption coordinator by emailing cats@catslimited.com or calling 860-561-9885.



Millie

This 2-year-old collie lab mix has earned the nickname of Marvelous Millie. She weighs 50 pounds and has a fabulous coat of hair that doesn't shed. She loves to play with children and dogs of all sizes, and she loves to wade in the water. Millie knows the commands sit and stay, and is housebroken. She was rescued from a shelter in Dallas.

For an application, visit Addicus Legacy Dog Rescue online at www.addicuslegacy.org. You can also find the group on Facebook.

PET SUPPLIES PLUS®
Minus the hassle.

Sale prices valid:
May 26 - June 29, 2016

The Great Cat Takeover

Tail Waggin' Deals

2 weeks only! June 2 - June 15

10/$10.00 with card

Fancy Feast Broths or Purely Cat Food
1.4-2 oz. Pkg., All Varieties
YOU SAVE UP TO $3.30 ON 10

2 weeks only! June 16 - June 29

$12.98 with card

Tidy Cats Scoop Cat Litter
40 lb. Box, All Varieties
YOU SAVE $5.00

Store Coupon — Offer Expires 6/30/2016

$7 OFF ANY PURCHASE

MUST BE A PREFERRED PET CLUB MEMBER. SIGN UP IN STORE TODAY. IT'S EASY.

STORE COUPON. May be redeemed at participating Pet Supplies Plus locations only. Must be a Preferred Pet Club member. One coupon per household please. No cash value. May not be combined with any other total purchase offer. OFFER VALID THRU JUNE 30, 2016

PLU #89634

PET SUPPLIES PLUS

20/$11.00 with card — 55¢ PER CAN

OVER 60 VARIETIES!
Fancy Feast Cat Food
3 oz. Can, Select Varieties, *Excludes Elegant Medleys*
YOU SAVE UP TO $1.60 ON 20

2/$5.00 with card

Friskies Party Mix Cat Treats
6 oz. Bag
All Varieties
YOU SAVE $1.96 ON 2

$5.98 with card

Purina One Cat Food
3.5 lb. Bag
All Varieties
YOU SAVE $3.00

$10.98 with card

Meow Mix or Purina Cat Chow Cat Food
13-16 lb. Bag
Select Varieties
YOU SAVE UP TO $3.00

10/$11.00 with card

Muse or Wellness Cat Food
3 oz. Can
Select Varieties
YOU SAVE UP TO $3.80 ON 10

Connecticut stores are family owned and operated.

BRISTOL	GROTON	MANCHESTER	WEST HARTFORD	WETHERSFIELD	WETHERSFIELD
1168 Farmington Ave.	646 D. Longhill Road	283 W. Middle Tpk.	2480 Albany Avenue	1773 Berlin Turnpike	1142 Silas Deane Hwy.
860.585.5544	860.446.0022	860.533.9780	860.570.2461	860.563.3110	860.563.3510

25 YEARS OF

UNSCRIPTED, UNFORGETTABLE
CONVERSATIONS

THU . SEP 29 . 2016
RELIGION IN AMERICA 2016
The changing role of religion in our culture, our politics and our lives

THU . DEC 1 . 2016
THE FUTURE OF HIGHER EDUCATION
College 2.0 – What will it look like? What needs to change?

FRI . MAR 10 . 2017
DISRUPTION!
Change-makers in business, media & politics

SAT . MAY 6 . 2017
A CONVERSATION BETWEEN...
Fascinating people, big ideas

THE CONNECTICUT FORUM

2016-2017 SEASON —
SUBSCRIBE NOW TO GET THE BEST SEATS!
CALL 860.509.0909 OR VISIT CTFORUM.ORG
TO SEE THE LATEST LINEUP OF PANELISTS.

ALL FORUMS LIVE AT THE BUSHNELL AT 8PM.

LIFETIME PATRONS: Aetna | Connecticut Public Television and Radio | The Hartford Financial Services Group | Lincoln Financial Foundation
The Rosalyn Group | Stanley Black & Decker | Travelers | United Technologies Corporation | Voya Financial

Writer's *block*

Free-range child

by Lynn Woike
Editor

I was a free-range child. Our half-acre yard had trees and a hill. It bordered a wooded area that was developed, but not before having a mountain of dirt – my own Denali – to climb for a couple of years. There were trees to climb, enough moss and bluets to make fairy gardens, and critters to catch including toads, lightning bugs and garter snakes.

A Tarzan swing hung from one high branch. There was an old stand of lilacs by the house and a huge pair of oak trees that grew like a wishbone down back. Both held magical spaces big enough for me, a few dolls and some stuffed animals. There was a shed to play in and the hill was good enough for sledding.

This was back in the early 1960s – back in the black-and-white world of "Leave It To Beaver," "My Three Sons," "The Andy Griffith Show," "Dennis the Menace" and "Lassie."

They were simpler times, before battery-powered, remote-controlled and electronic toys. A time when a wagon, a hula hoop or a swing set were all it took to entertain a child after school until the call to come in for dinner. Much of the year, we also got to go outside again after dinner until the streetlights came on.

While mom always had to know where we were, my sister and I could go next door to Barbara and Susan's and down another house to the Steele's; we went two houses the other way to Freddie and Connie's, and across the street to Cheryl and Addie's. We'd even cross the street – under watchful eyes, of course – to visit with the very, very old Mr. and Mrs. Peter Lee and her sister. You got a much different perspective of the world from their stoop higher on the hill, and they would bring out a wooden box of little toys for us to play with. The huge field behind their house was another adventure.

If all that wasn't wonderful enough, my mother's parents had a small farm five minutes away – eight acres with a brook, pastures, woods, gardens, greenhouses and a barn to explore. We got to pump the well, pick grapes, watch the coal man fill the basement and, if we were really lucky, get a tractor ride.

We were allowed to walk half a mile to our cousins' house and another half mile past that to a country store to get candy.

I don't know if 8-year-olds get to do that anymore. Children now don't walk to school or even take the bus – they get driven.

As a child, most of my time was unscheduled. I had chores, Girl Scouts and summer swimming lessons. I took piano lessons for a while and had a season's worth of horseback riding lessons. It don't remember having nearly as much homework as did my children. Play was our work. And sometimes, we'd play school.

Along with tag, hide-and-seek, Red Light Green Light, jump rope, Simon Says and hopscotch, we made up games and created fantasy scenarios. Given a large refrigerator box, we'd be happy for a week or more, transforming it from clubhouse to spaceship to bus. I used a hammer and nails to build things with scrap lumber and sticks.

Our parents knew where we were, but didn't hover or organize our activities. They told us to share and reminded us to do chores. They provided snacks and, as needed, Band-Aids, bug spray or dry clothing.

I was never bored, thanks to a well-developed imagination and the freedom to use it.

Thirty years later, my children complained they were dying of boredom – and tried to make me responsible for curing their terminal illnesses. I'd provide balls, hula hoops, bikes, sprinklers, chalk, a swing. We built a sandbox that evolved into a garden, and later, a two-story fort. They often wanted TV and Gameboy.

Friends lived a few doors away in both directions, and were allowed to go there with permission, unescorted. Those were steps toward independence.

A protectiveness was starting to blossom among parents. Thirty years ago, adults were starting to get hyper. They felt a need enroll their children in multiple classes and activities, to intervene rather than let children resolve their issues. Play dates were in their infancy.

There was a growing concern about safety, protective gear and warning labels. Suddenly, everything became life-threatening: metal playground equipment, Pogo Balls, Slip n' Slide, Slap Wraps, hammocks. Granted, Lawn Darts and bows and arrows were not exactly safe, but Big Wheels? Flying Saucers?

Parents began to get anxious. Fear began to grow. Fear of an injury. Fear of a lawsuit because of an injury. Fear of possible kidnapping. Fear of danger.

Soon, kids weren't allowed to run around the front yard, climb a tree or drink from a hose. They sit safely on the couch behind locked doors, entertained by phones and tablets. The dangers are less obvious – eye and neck strain, cyber bullying, inappropriate information, getting stalked, obesity – but they are dangers all the same.

Told to go outside and play freely, I'll bet they'll call up an app for that. **WHL**

west hartford LIFE

540 Hopmeadow Street, Simsbury, CT 06070
860-651-4700

Read our publication online at TurleyCT.com

KEITH TURLEY, Publisher

EDITORIAL
Abigail Albair, Executive Editor
aalbair@turleyct.com
Lynn Woike, Editor
Alison Jalbert, Assistant Editor

STAFF WRITERS
Alicia B. Smith, Allie Rivera, Mara Dresner, David Heuschkel, Ted Glanzer, Sloan Brewster

ADVERTISING SALES
Lisa Oster-Zippin
lisa@turleyct.com,
860-264-5652

PAGE DESIGNERS
Daniel Kornegay, Cynthia Martel, Robert Sirois

GRAPHICS DEPARTMENT
Barbara Ouellette, Production Manager
ads@turleyct.com, 860-264-5523
Maureen LaBier, Production Assistant
Daniel Kornegay, Corley Fleming, Cynthia Martel, Kathy Kokoszka, Mary Grimes

CIRCULATION
For circulation issues, please call 860-651-4700

FOLLOW US ON

published by
TurleyCT COMMUNITY PUBLICATIONS

HOME & GARDEN

PROPERTY MANAGEMENT SOLUTIONS

FOR RESIDENTIAL
REAL ESTATE AND
INVESTMENT PROPERTY

R& M PROPERTY MANAGEMENT SOLUTIONS
361 PARK RD., WEST HARTFORD
860-924-6610
WWW.BUSHRE.COM

We offer **complete** and **customized Property Management** and **Real Estate** services.

MAGLIERI
construction & paving inc.

QUALITY & SERVICE
Since 1975

Commercial & Residential

DRIVEWAYS • PARKING LOTS
ROADWAYS • CURBING
EXCAVATION • GRADING
DRAINAGE • MILLING
SEALCOATING • RECLAIMATION

Call For FREE Estimates

860-242-0298

Licensed & Fully Insured LIC # 523704

39 West Dudley Town Road, Bloomfield
www.maglieri-construction.com

Home & Garden

Polish Aid Agency
Insured & Bonded

Live-In Services are available

Phone: (860) 229-6611
Fax: (860) 229-6613

310 Broad St.
New Britain, CT 06053

Providing:
- Companions
- Nannies
- Housekeeping
- Cooking
- Home Care

www.polishaidhomecare.com

A Full Service Professional Company

CLEAN-UPS • MOWING • LAWN CARE
Landscape Design • Landscaping Renovations
Plantings • Shrub and Tree Pruning and Care
Stump Grinding • Mulching & More

We're Local, Trained, Experienced.

West Hartford Landscaping, Inc.
WestHartfordLandscaping.com

860-231-8262

info@westhartfordlandscaping.com

Expert Tree Climbers
Crane Tree Removal
Firewood • Stump Grinding
Landscaping

All workers OSHA certified

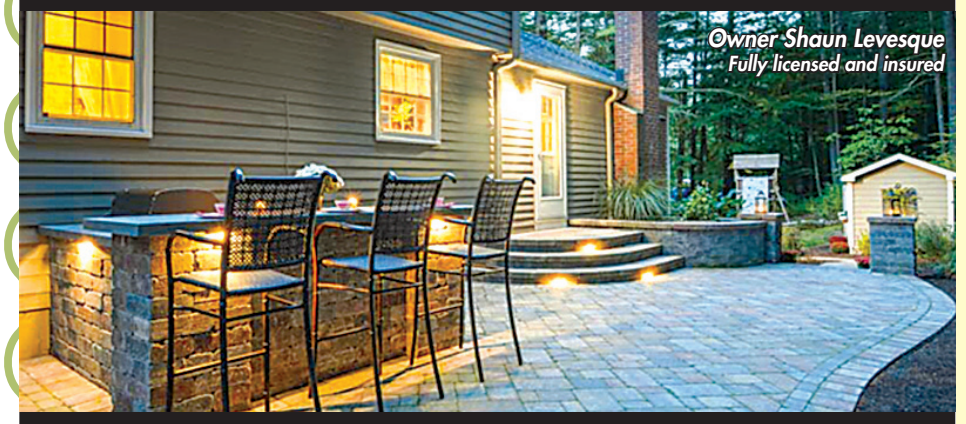
Visit our custom wood furniture showroom-tablesbylasa.com

SOTIL TREE SERVICE
Rick Sotil

Jobs Done Clean & Neat

Certified Arborist S-5390
Insured & Licensed #0621784
860-844-8250
FREE ESTIMATES
sotiltreeservice@hotmail.com

PROFESSIONAL DESIGN & INSTALLATION
Patios • Walkways • Walls • Fire Features



Let us build your outdoor living spaces
(860) 651-7324 Landteklandscaping.com

VISIT OUR NEW SHOWROOM WITH
THE LATEST STYLES, COLORS & PRODUCTS
FOR YOUR KITCHEN AND BATH.

CHRISTINO
KITCHENS & REMODELING

A trusted, creative, and experienced design/build team

730 Hebron Ave., Glastonbury • 860-430-2661 • www.christinokitchens.com

Spring is Here!

Let Moscarillo's Help Beautify Your Landscape

We are your one stop shop for all things gardening

- *Largest Selection of Annuals, Perennials, Trees & Shrubs*
- *Landscape Design & Installation*
- *Full Service Garden Center & Florist*

CRABGRASS IS HERE!
Let our Lawn Experts Help You!

Take 20% Off Any One Regularly Priced Item!

(Exclusions: cannot be combined with other offers, valid at our West Hartford location only. Carry out sales only. Expires 5/31/16)

Moscarillo's GARDEN SHOPPE

2600 Albany Ave., West Hartford • 860-236-5487
www.moscarillos.net • Follow us at: facebook.com/moscarillos

FLORIST OPEN 7 DAYS A WEEK
Delivery to West Hartford, Avon, Simsbury, Farmington, Bloomfield, Hartford

HOME & GARDEN

The Dutiful Daughter

Downsizing? Moving?
Settling an Estate? Cutting Clutter?

We can help move, sell, donate or dispose of just about anything.

Free estimates
860.432.5503
www.TheDutifulDaughter.com

Fully Insured Mark's LANDSCAPING LLC *Free Estimates*

MAINTENANCE • INSTALLATION

For All Your Landscaping Needs

Commercial & Residential Lawn Maintenance

Spring Clean Ups • Weekly Mowing
Topsoil, Mulch, Stone Installation
Hydro-seeding
Foundation Plantings

Call: 860-250-0101
markslandscapingllc@gmail.com

MULCH, TOPSOIL, & ORGANIC COMPOST

grow something special

HARVEST™ New England

We Deliver!
www.harvestpower.com
860.674.8855

Hickory Home Restoration

Complete Remodeling Contractors

- Complete exteriors including porches, vinyl siding, cedar clapboards and shakes
- Structural repairs exterior/interior
- Custom kitchens, finished basements and attics

West Hartford
860-906-1030
lic #0642917
fully insured

email: hickoryhomerestoration@gmail.com

HARMONY
Home Improvement

100% FINANCING AVAILABLE

Creating a Harmony customer, contractor & community

ROOFING • SIDING • WINDOWS & more...

CALL NOW for our SUMMER ROOFING SALE

CALL NOW for a FREE upgrade to lifetime shingles
with this ad only

860-645-8899

lic. #604200/Fully Insured/Free Estimates

Factory Certified with CertainTeed GAF

022411

HOME & GARDEN

JOHN & SON LANDSCAPE
SINCE 1973

Spring Clean-Ups • Property Maintenance • Yearly Pruning
New Lawns • Hydroseeding • Mulching • Patios / Walkways

860-667-1166
200 Francis Avenue, Newington
Mulch & Topsoil Pick-up or Delivery Available

ANDY WOTTON PLUMBING & HEATING, LLC
(860) 833-8153

Old fashion, honest, reliable service at a reasonable price. All residential plumbing, repairs done from leaky faucets to oil/gas heat conversions.

Call today and we will show you quality still makes a difference!

GRISWOLD STREET ANTIQUES

RING Diamonds & Emeralds $775

WEATHER VANE $150
folk art - wood

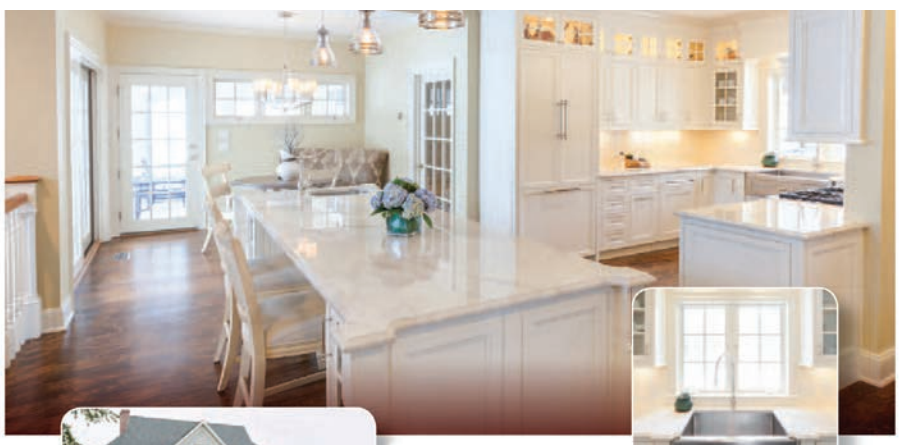
SKIER BONZE BY KELSEY $295

1950's PICNIC GLASSES $42

ANTIQUES BOUGHT & SOLD

119 Griswold St, Glastonbury, CT 860.657.2885 W-Sat 11-5 Sun 12-5

David Litchfield
BUILDING & REMODELING



"It was terrific working with all of you, a terrific team. Thank you for all the hard work. You made it so easy for me."
P.N. West Hartford, CT

Remodeler of the Year!
2004 & 2012
Home Builders & Remodelers Association of Greater Hartford
HBRA

SERVING THE GREATER HARTFORD AREA

Whether it is a minor remodel, whole house renovation, or a new home, we are the company you should be talking to. You'll find a creative and caring team ready to map out a plan to make your dreams a reality! Give us a call today and surround yourself with a team of professionals with the knowledge, care, tools, and experience to get the job done right!

37 YEARS OF EXPERIENCE
REALLY DOES MAKE A DIFFERENCE!

860-232-1110 OR 860-651-0123
WWW.DAVIDLITCHFIELDBUILDING.COM

Everything for Your Home

Seamless Gutters & Gutter Protection Systems
Roofing
Vinyl Siding
Trim Fabrications
Windows & Doors
Deck & Railing Systems
Landscaping & Grounds Maintenance
Kitchen & Bathroom Renovations including Granite Countertops
Licensed: CT -HIC. 0510051 • CT-CAM.0000680 • Fully Bonded & Insured • In-House Employees

Complete Residential & Commercial Property Management

Free Estimates, No Pressure

THE MAGEE COMPANIES
Remodeling Contractors
Property Managers
Professionalism Since 1972

WINNER! BEST OF Hartford MAGAZINE
2010 2011 2012 2013 2015 2016

BBB ACCREDITED BUSINESS

860-953-2200
7 CODY STREET • WEST HARTFORD, CT
MageeCcompanies.com

HOME & GARDEN

WET BASEMENT?

TRUST IN OUR 40 YEARS OF EXPERIENCE

Rocco Balesano Contracting LLC

Foundation Cracks
Basement Drainage Systems
Yard Drainage
Sump Pumps
Window/Dry Wells, etc.

Call for a free estimate and never deal with a wet basement again!

860-236-0071

LOCALLY OWNED AND OPERATED FULLY INSURED
ALL WORK GUARANTEED SENIOR DISCOUNT

DEITCH ENERGY

Looking for a cool breeze on a hot summer day, call us for a free estimate on new cooling equipment

Call for competitive fuel oil pricing!

HOD 0000962
Lic.# S-1 303418
860.728.5431
deitchfuel@aol.com
Follow us on

Retail Fuel Distributor
HVAC Sales & Service

KITCHEN CABINETS

Direct to the Public • Save BIG!

Sales • Design • Installation • Do-it-yourself

Ask about our great contractor discounts

- Variety of colors and styles
- Quality Workmanship
- Granite Counter Tops & Vanities

Northeast Cabinet Sales
(860) 994-3188

PLAY, RELAX

or even better, just do both!

BILLIARDS • GAMEROOM FURNITURE • BARSTOOLS

Come see our extensive selection of Outdoor Furniture!

T & M BILLIARDS & BARSTOOLS

NORTH WINDHAM
107 BOSTON POST RD
NORTH WINDHAM, CT
PHONE: 860.456.4231

ROCKY HILL
1904 SILAS DEANE HIGHWAY
ROCKY HILL, CT
PHONE: 860.257.8332

TMAMUSEMENTS.COM
Find us on facebook
d641226

Water Problems?

30+ Years of Stopping All Types of Water Leaks!

From Roofs to Basement Waterproofing

Hatchway Stairwells • Foundation Cracks
Window Wells • Chimneys
—Slate and Flat Roof Repair—

Entrusted to work on churches, schools, hospitals and other landmark institutions as well as the residential market since 1983.

Just Google JP Bachand Contracting for website and more.

JP Bachand Contracting
860-666-9737 Newington
CT Department of Consumer Protection Reg. # 0511842

HOME & GARDEN

47th ANNIVERSARY
Family Operated

EXTERIOR PAINTING
"With Attention to Detail"
Custom Interior Painting

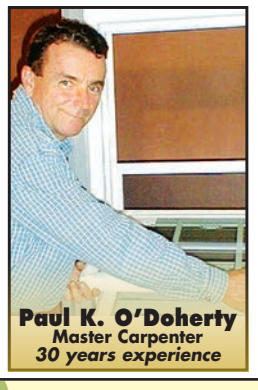
- Since 1973, Over 2200 Aluminum Sided Homes Repainted
- Historic Restorations
- Paint/Stain/Full Carpentry
- Power Washing
- Preparation Specialist – "No Payment Until Completion"

Call Jim Charter 860-646-7668

CHARTER PAINTING & RESTORATION SINCE 1969
www.charterpainting.com
Insured CT Licensed
#HIC.0619547 CIT3-7-13

Memorial Day Sale

NEW ENGLAND PATIO & HEARTH
There's A Style To Living
974 Silas Deane Highway • Wethersfield (860) 563-1000
65 Albany Turnpike (Rt. 44) • Canton (860) 693-0436
www.newenglandpatioandhearth.com
Outdoor Furniture • Wicker • Fireplace Furnishings



ANDERSEN! ANDERSEN! ANDERSEN!
WINDOWS • DOORS Andersen AW

PK Windows LLC
Craftsmanship • Integrity • Value
HARVEY MARVIN Andersen AW

$100 OFF
our low prices on Andersen and Harvey Windows

860-628-1173
www.pkwindows.com
Master Carpenter - 30 Years Experience

H.I.C. #612970

WALKWAYS • WALLS • PATIOS • PAVERS • POOLSCAPES
DELIVERY OF MULCH, STONE & TOP SOIL
Landscape Design • Lawn Maintenance • Pruning • Stump Grinding
Brush Chipping for Trees • Bobcat & Excavator Services
Grading of Lawn Areas for Sod and Seed • Debris Hauling
Installation & Removal of Plants, Shrubs & Trees • Hedge & Shrub Trimming

Griffin LANDSCAPING, INC.
Check out our updated photos
860.257.3146
GRIFFINLANDSCAPING.COM
100914

WE'RE THE GOOD GUYS
CUSTOMER SATISFACTION • NEAT, CLEAN, PROFESSIONAL
Professional Dependable Company • All Aspects Of Electrical Work

- General Repairs • Home Inspection Repairs • Outdoor Lighting
- Motors & Generators • Fire Alarms • Security • Computers
- Remodeling Bathrooms, Kitchens, Basements • Roof Deicers
- Bath Fans/Paddle Fans • Fuses Upgraded to Circuit Breakers
- Cable TV Wiring • Bucket Truck • Electrical Repairs to Existing Wiring

All Work Guaranteed • Same Day Service

AA ELECRICAL SERVICES
AA ELECTRICAL
E1-102626
860-953-8830
www.connecticut-electrician.com
134 Reed Avenue • West Hartford

HOME & GARDEN

Gledhill is Blooming!

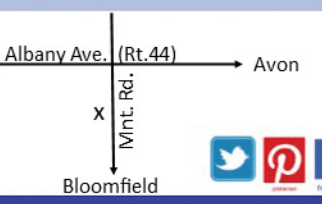
Roses, Perennials, Shrubs, Annuals

$10 Off any purchase of $50 or more

Coupon must be present and surrendered at time of purchase. One coupon per purchase/ customer/visit. May not be used on previous purchases or combined with other offers.
Valid June of 2016

Gledhill Landscape Department:
Garden Design, Installation
Let's Create Something Together!

Gledhill
660 Mountain Road
West Hartford, CT 06117-1198
(860) 233-5692 gledhillnursery.com
Mon.-Sat.9-6, Sun. 10-5



Gledhill: Turning Ordinary into Something Special

CRS LANDSCAPE & EXCAVATION LLC

"We're a versatile Landscape and Site Development company committed to prompt, personal service, and quality professional results for all of your commercial and residential projects -- big or small."

- Drainage
- Excavation & Grading
- Septic Work
- Demolition
- Trucking
- Complete Landscape Services
- Stone Patios, Walkways, Sidewalks & Walls
- Tree Removal **& we now offer Stump Removal**

SIMSBURY, CT 860-651-6130
WWW.CRSLANDSCAPE.COM

Walkways • Patios • Retaining Walls • Firepits• Decorative Stone • Mulch • Topsoil

CEDAR MOUNTAIN Stone & Mulch
1943 Berlin Turnpike • WETHERSFIELD
860.563.9200
www.cedarmountainstoneandmulch.com
Like us on Facebook

One of Greater Hartford's Largest Retail Distributors of Landscape Products

CLASSIFIEDS

Avon • Canton • Farmington • Glastonbury • Newington • Rocky Hill • Simsbury • West Hartford • Wethersfield

Vacation Rental

★★★★★★★

SPECTACULAR PRIVATE OCEAN BEACH! JUST BRING YOUR TOWELS!
Shelter Harbor, RI. 2 BR cottage, AC, beautiful saltwater pond, private beach, Tennis, no pets. Great for trips to Watch Hill, Newport, Mystic. Available August 27-September 3. $1,200/week.
Call 860-658-4115

★★★★★★★

Cleaning Services

ADA'S HOUSE CLEANING – Quality personal service. Weekly, biweekly, or monthly. Specializing in help to clean before closing/moving or one time cleaning. In business since 2000. Call 860-521-3823 or 860-944-6541. Lic & insured #1110413.

Cleaning Services

ECOCLEAN GREEN CLEANING SERVICE for your home, office or business. We clean using eco-friendly cleaning products. We clean weekly, bi-weekly or one-time.
SPRING SPECIAL: Second cleaning 50% OFF.
www.ecoclean-ct.com
email: katrina@ecoclean-ct.com or call Katrina at 860-676-2729.

Help Wanted

GOOD ATTITUDES REWARDED. MERRY MAIDS NOW HIRING full time or part time. Must be able to work Monday-Friday from 8am-5pm. No nights, holidays or weekends. Must have own car, driver's license and insurance. Please call 860-563-8367 to set up an interview.

Wanted to Buy

I BUY HOUSES AS-IS. CASH. Call today 860-674-9498 or Email: john@boucherbuilding.com CT. REG. # 530518

PAYING CASH for old mahjong sets, incomplete sets okay. 860-231-8466.

For Sale

NEW/USED FITNESS EQUIPMENT - Best brands of commercial grade at the right price for the homeowner. Treadmills, bikes (upright/recumbent/spin), ellipticals, steppers, stairmasters, many to choose from!! Great quality, Low prices!! Call Michelle (860)906-4408 or Luis (860)268-7114.

EXERCISE WORKOUT BENCH - For Sale. Hardly used. $60.00. Call 860-232-0248

Services

MIDSTATE GUTTER COMPANY, LLC - Local small business specializing in the installations of 5" and 6" Seamless Gutter Systems, Gutter Covers, Gutter Repairs and Gutter Cleanings. Chop and Drop Service available. CT HIC# 0626585, Fully Insured. www.midstategutter-company.com. Free Estimates. Call Mike at Midstate 860-878-1843

K&J TREE SERVICE- Tree removal, shrubbery trimming, brush chipping, and yard cleanup in CT. Certified climber. Free estimates, the lowest prices, fully insured. Call Kris 860-470-4494

BENEDICT OVERHEAD DOOR. Is your one stop for all garage door problems. CT HIC #0621772. Call 860-828-2951.

Services

RH MASONRY SERVICES, LLC - All masonry from new construction to repairs of walkways, patios, pool decks, chimneys/fireplaces, retaining walls. Brick, stone, veneer, pavers, etc. Licensed and Insured. Free estimates. 860.483.0139 www.rhmasonryct.com/

ANDY WOTTON PLUMBING & HEATING, LLC 860-833-8153. We offer honest plumbing at a reasonable price. Estimates are always given before any work is done. From snaking your main drain to water heaters and boilers, faucets and leaky pipes - WE DO IT ALL. Remember with Andy Wotton Plumbing, it's not done until you say it is. Call today 860-833-8153. Licensed and insured P10282605 S1 0402048.

BATHROOM REFINISHING. Tub and Shower Replacement -economical to custom. Do the job right - replace - don't cover up. Toilets, sinks and vanities as well. Reasonable, licensed and insured. Charles Peterson 860-839-0246.

CHS CARPENTRY. Kitchen & Bathroom full remodeling, windows, doors, decks, porches, cabinets, installation, paint, custom tile installation, drywalls, siding, rooing, floors & trim work. Fully licensed & insured. References available. Reg.#612982 Call 860-803-5535 or email chscarpentry@live.com

Services

Z-THE HANDYMAN, LLC HOME IMPROVEMENT. Interior. Exterior. Painting, flooring, decks, power washing, vinyl siding, roofing, etc. Don't pay high prices, Call 860-690-2855. Ask for John. Licensed & Insured.

PROTECT YOUR INTELLECTUAL PROPERTY. Patents, trademarks etc. Call Ted Paulding. No longer representing the big guys. Now helping the little guys become a big guy. 860-474-5181.

HOME WATCH SERVICE - THE ALTERNATIVE TO HOUSE SITTING for snowbirds, vacationers, empty homes for sale. Professional & Insured. www.mindyourmanorct.com. 860-805-6226

PIANO TUNING AND REPAIRS by Hartt School of Music trained tuner. Piano cleaning and climate control also available. Contact Ted Williams 860-228-0309. or call 860-940-8713

Gamblers Anonymous

Gamblers Anonymous can help you. Take back your life. Phone: 855-2-CALL-GA 855-222-5542 to speak with someone. Gamblers Anonymous is a non-profit fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem. www.gamblersanonymous.org.

Classified Ads:

$40 for up to 20 words, 30¢ each additional word

Classified Ads run monthly in all 6 of our local publications. If ordering by mail, please make checks out to TurleyCT or provide your Credit Card information. PAYMENT MUST BE RECEIVED BY DEADLINE OR YOUR AD WILL NOT RUN. We accept Mastercard, Visa and American Express. Make checks payable to TurleyCT.

3 WAYS TO PLACE A CLASSIFIED AD!
Call: 860-264-5656
Email: mlabier@turleyct.com
Mail: TurleyCT
Attn: LIFE Classifieds
PO Box 497
Simsbury, CT 06070

Name (PRINT) _____ *AD TEXT* _____

Company: _____

Address: _____

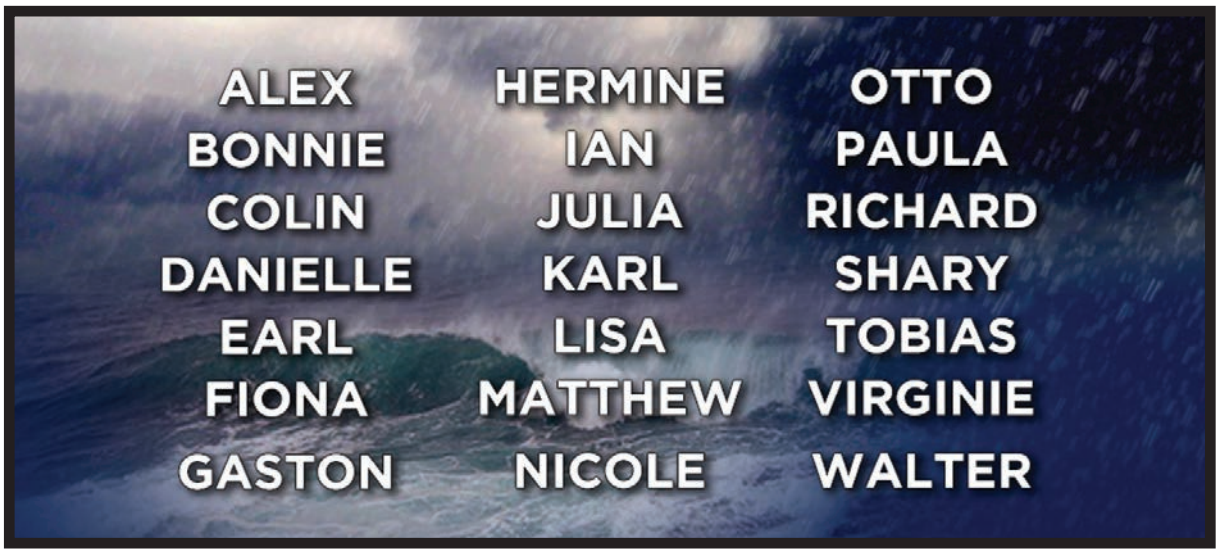
Phone: _____

Check or Card # _____

Exp Date _____ *Security Code* _____

No. of Months to run: _____

BY MARK DIXON
WFSB METEOROLOGIST [AMS]



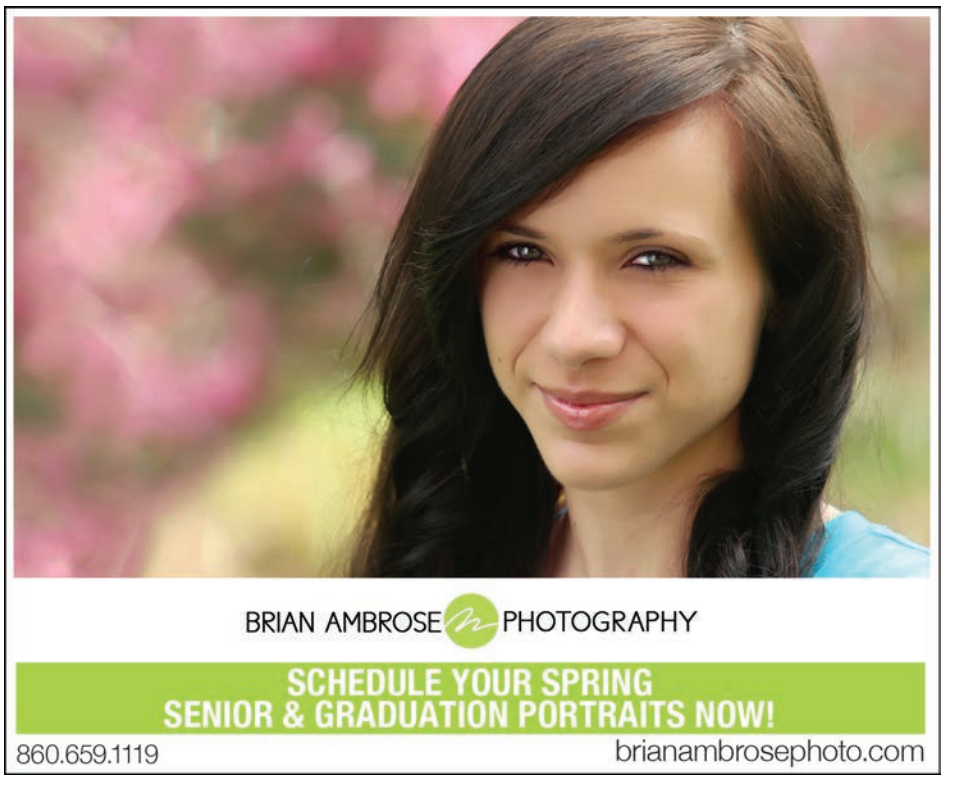
Going into the 2016 Hurricane Season...

The Atlantic Hurricane Season of 2015 featured 11 named storms, 4 reached hurricane status and of those only 2 became MAJOR hurricanes. Furthermore, there were just two (Ana and Bill) that made US landfalls (both as tropical storms).

The list of names last year is one of 6 used in rotation for the Atlantic Basin (including the Gulf of Mexico and the Caribbean) ... alternating gender, starting at the top of the alphabet. Two names will be retired by the WMO (World Meteorological Organization, a group of international scientists) for the list that will be used again in 2021. Erika will be replaced with "Elsa" and Joaquin will be replaced with "Julian." Names are retired when a storm was either so deadly or costly.

The Atlantic season runs from June 1st through November 30th ... we'll of course keep you updated on any and all development! In fact, Alex already formed (in January, the 1st to do so since 1955 in that month). The complete list is in the graphic above.

Before getting a name, a Tropical Depression forms (they get numbers). An "average season" includes 12 Tropical Storms (wind 39mph or greater), 6 Hurricanes (wind 74mph or greater) and 3 Major Hurricanes (111mph or greater). The initial outlook for 2016 is for the season to be perhaps more active than the past several years. **WHL**



TurleyCT Community Publications
Life Publications The Valley Press The West Hartford Press
To advertise call 860-651-4700 • TurleyCT.com

Growing older together shouldn't mean living apart.

You want to keep your lifestyle as a couple. Nothing should ever change that, even if one of you needs help. At The Heights senior living community, you can both live independently in a charming cottage or in a beautiful one- or two-bedroom apartment.

Or, should one of you need a little help, you can choose one of our assisted living apartments with a Personal Care Attendant on duty 24/7 for a range of services.

Join us for an Open House and Luncheon:
Sat., June 11th and Wed., June 22nd.
Event starts at 10:45 a.m.

550 Avery Heights • Hartford, CT 06106 EQUAL HOUSING OPPORTUNITY

Act now and enjoy these added values:

Free!
First month's rent!

Up to $1,000
toward a moving specialist

Free Golf for Life!
Ask for details

For more information call:
860-953-1201 ext 403

The Heights
Avery Heights • A Village of CHI

COLDWELL BANKER
RESIDENTIAL BROKERAGE

WEST HARTFORD – Unique Colonial with many updates including chef's kitchen, open flow, 4-5BRs, 4.5BA, master suite with fireplace, custom indoor pool pavilion, elevator. $899,900

Michael Antisdale 860.803.6560

WEST HARTFORD – Meticulously Remodeled & Maintained Colonial in Highly Sought After Bugbee Neighborhood. 4BR & 3.5 Baths, with a Bonus Room in the Finished Lower Level for Possible 5th Bedroom. $649,000

Karen Sack 860.614.6776

WEST HARTFORD – Enjoy the newly remodeled chef's kitchen. Entertainers will delight in the openness of the 1st flr which flows to the lg fenced pvt backyard w/oversized patio, stone walls & lots of green space. $619,900

Kara Flanagan 860.796.5532

WEST HARTFORD – Colonial situated on a corner lot in Bugbee school district w/4 BR & 2.5BA. New gourmet kitchen, hardwood floors virtual tour at www.4BrookfieldRd.com $468,900

Michael Barnes 860.250.8575

WEST HARTFORD – Immaculate & completely updated vintage colonial in West Hartford Center location. Relax on the lovely screened porch or keep cool w/the newly installed C/AIR. The LL has a great finished space w/FP. $399,900

Kara Flanagan 860.796.5532

WEST HARTFORD – This 4 bedroom 2.5 bath charming expanded Cape boasts a beautiful new country kitchen, new first-floor family room and sunporch. $399,000

Sherri Schwartz 860.883.0178

WEST HARTFORD – An exceptional 2000+ square foot Quaker Green condo. Tastefully upgraded 3BR, 2.5 BA unit features spacious EIK with brand new stainless steel appliances. $374,500

Tracey Hollerbach 860.305.7993

WEST HARTFORD – Wonderful 3BR, 3BA Ranch. Hardwood Floors throughout. 1st Floor Master w/Full BA & 1st floor Den. Eat in Kitchen w/all new SS Appliances. CAIR. 2 Car Attached Garage. $349,900

Billie Reese 860.841/2457

WEST HARTFORD – Spacious 4BR/2.5BA Colonial w/inground pool! Completely updated home w/newer windows & doors, gleaming hardwood floors & remodeled kit w/granite & SS appls. 1st floor family room w/fireplace. $329,900

Greg Reese 860.818.4861

WEST HARTFORD – Wonderful Colonial style home offering 8 rooms. 4 beds, 3 full baths. Spacious LR w/large bay window opens to formal dining room. Family room w/fireplace and sliding door to patio. $314,900

Tracey Hollerbach 860.305.7993

BLOOMFIELD – Beautifully renovated 4BR/2BA Colonial with open kitchen/great room flowing into bright vaulted ceiling sunroom. Private setting on West Hartford line. Many updates make this home a great value. $299,900

Michael Antisdale 860.803.6560

WEST HARTFORD – Charming & spacious 3BR/3BA Ranch in a quiet neighborhood setting. Single floor living at its best. Excellent condition, nicely detailed, meticulously maintained home. $269,900

Greg Reese 860.818.4861

WEST HARTFORD – Charming 3BR, 2 full BA Colonial. Hardwood floors throughout, freshly painted. Large living room with wood burning fireplace. Kitchen with breakfast bar. 1st floor laundry. $259,000

Chris Scigulinsky 860.906.7726

WEST HARTFORD – Wonderful 2/3BR Cape Cod style home. Archways, wood floors, neutral decor, eat in space kitchen, newer roof & exterior paint. Great condo alternative! $249,000

Tracey Hollerbach 860.305.7993

WEST HARTFORD – 3 bedroom cape at end of cul-de-sac. Eat-in kitchen and formal DR with hardwood floors. Living room with fireplace that leads to 3 season porch. Remodeled LL has additional 520 square feet w/half bath! $239,900

Mary Rose Sinatro 860.614.4566

HARTFORD – This top floor unit has hardwood floors and lots of character. There's exposed brick throughout most of the unit and a fireplace in the bedroom. In unit laundry and so much more. $132,900

Sean Page 860.966.6761

Sylvie Fillion, Mortgage Representative & Senior Loan Officer For Special Financing Opportuinties On Any Of Our Listings, Please Contact Sylvie at 860-570-2520 • NMLS #110720 & CT #5584

West Hartford Office | 36 LaSalle Road | West Hartford, CT 06107 | 860.231.2600

ColdwellBankerHomes.com

©2016 Coldwell Banker Residential Brokerage. All Rights Reserved. Coldwell Banker Residential Brokerage fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Operated by a subsidiary of NRT LLC. Coldwell Banker, the Coldwell Banker Logo, Coldwell Banker Previews International, the Coldwell Banker Previews International logo and "Dedicated to Luxury Real Estate" are registered and unregistered service marks owned by Coldwell Banker Real Estate LLC.

COLDWELL BANKER PREVIEWS INTERNATIONAL

COLDWELL BANKER RESIDENTIAL BROKERAGE